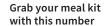


# Pesto & Cherry Tomato Fasta-Pasta with Mustard Cider Salad

CLIMATE SUPERSTAR









Fettuccine



**Snacking Tomatoes** 





Garlic Paste



**Light Cooking** 



Vegetable Stock



**Basil Pesto** 



Chilli Flakes

(Optional)



Leaves



Mustard Cider Dressing



Parmesan Cheese







## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large saucepan · Large frying pan

# Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
fettuccine	1 medium packet	1 large packet
snacking tomatoes	1 packet	2 packets
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
vegetable stock pot	1 medium packet	2 medium packets
basil pesto	1 packet	2 packets
chilli flakes ∮ (optional)	pinch	pinch
mixed salad leaves	1 medium packet	1 large packet
mustard cider dressing	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet
*Pantry Items		

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3541kJ (846cal)	899kJ (228cal)
Protein (g)	21.7g	5.5g
Fat, total (g)	48.1g	12.2g
- saturated (g)	13.6g	3.5g
Carbohydrate (g)	77.8g	19.7g
- sugars (g)	10.4g	2.6g
Sodium (mg)	1272mg	322.8mg
Dietary Fibre (g)	10.6g	2.7g

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Cook the pasta

- · Boil the kettle.
- Grate zucchini.
- Pour boiling water into a large saucepan over high heat. Add a pinch of salt, then bring to the boil. Cook fettuccine in boiling water until 'al dente',
   9 minutes.
- Reserve some **pasta water** (2 tbs for 2 people / ¼ cup for 4 people), then drain **pasta** and return to saucepan. Drizzle with **olive oil**.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



# Finish the pasta

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook garlic paste until fragrant, 1 minute.
- Stir in light cooking cream and vegetable stock pot and cook until slightly thickened. 1-2 minutes.
- Stir in **basil pesto**, a pinch of **chilli flakes** (if using), **cooked fettuccine** and **reserved pasta water** until heated through.
- Remove pan from heat then stir in **zucchini** and **blistered tomatoes**.



# Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook snacking tomatoes and zucchini, stirring occasionally, until blistered,
   4-5 minutes. Transfer to a small bowl.



# Finish & serve

- Meanwhile, in a large bowl, combine mixed salad leaves, mustard cider dressing and a drizzle of olive oil. Season.
- Divide pesto and cherry tomato fasta-pasta between bowls.
- · Sprinkle with Parmesan cheese.
- Serve with mustard cider salad. Enjoy!



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## ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

# ADD CHICKEN BREAST

Thinly slice into strips. Before cooking sauce, cook chicken breast, 4-6 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

