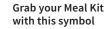


# Cherry Tomato, Kale & Pesto Orecchiette with Pear Salad

**CLIMATE SUPERSTAR** 













Orecchiette

**Snacking Tomatoes** 

Vegetable Stock



Leaves

Powder





**Basil Pesto** 



Shaved Parmesan



Cheese



Prep in: 20-30 mins Ready in: 20-30 mins

Eat Me Early\* \*Custom Recipe only Ear-shaped orecchiette pasta is the perfect bite-sized vessel for a creamy basil pesto. Complete the dish with blistered cherry tomatoes for a burst of sweetness, a touch of acidity and an extra pop of colour.

**Pantry items** 

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large saucepan · Large frying pan

## Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
kale	1 medium bag	1 large bag		
pear	1	2		
orecchiette	1 medium packet	1 large packet		
snacking tomatoes	1 punnet	2 punnets		
basil pesto	2 packets (100g)	4 packets (200g)		
light cooking cream	1 medium packet	1 large packet		
vegetable stock powder	1 medium sachet	1 large sachet		
white wine vinegar*	drizzle	drizzle		
mixed salad leaves	1 small bag	1 medium bag		
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)		
chicken breast**	1 small packet	1 large packet		

<sup>\*</sup>Pantry Items \*\* Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3638kJ (869Cal)	877kJ (209Cal)
Protein (g)	23.5g	5.7g
Fat, total (g)	47g	11.3g
- saturated (g)	14g	3.4g
Carbohydrate (g)	82.4g	19.9g
- sugars (g)	13.2g	3.2g
Sodium (mg)	998mg	241mg
0 1 5 1		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4446kJ (1063Cal)	<b>764kJ</b> (183Cal)
Protein (g)	58.6g	10.1g
Fat, total (g)	52g	8.9g
- saturated (g)	15.5g	2.7g
Carbohydrate (g)	85.2g	14.6g
- sugars (g)	13.6g	2.3g
Sodium (mg)	1078mg	185mg

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.

#### We're here to help!

Scan here if you have any questions or concerns

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## Get prepped

- · Boil the kettle.
- Tear kale leaves from stems, then roughly chop leaves.
- Thinly slice **pear** into wedges.

**Custom Recipe:** If you've added chicken breast, cut the chicken into 2cm chunks.



# Bring it all together

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **snacking tomatoes**, stirring occasionally, until blistered, **3-5 minutes**.
- Reduce heat to medium. Add **kale** and cook until wilted, **1-2 minutes**.
- Add basil pesto, light cooking cream, cooked orecchiette, vegetable stock powder and reserved pasta water. Cook, stirring, until combined and heated through, 1-2 minutes. Season to taste. Remove from heat.

**Custom Recipe:** Before cooking the tomatoes, cook the chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl. After cooking the kale, return chicken to pan, then continue as above.



## Cook the pasta

- Pour the boiled water into a large saucepan over high heat. Add a pinch of salt and bring to the boil.
- Cook **orecchiette** in the boiling water until 'al dente', **8 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **pasta** and return to saucepan.

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



# Serve up

- In a large bowl, combine a drizzle of white wine vinegar and olive oil.
  Season, then add pear and mixed salad leaves. Toss to coat.
- Divide snacking tomato, kale and pesto orecchiette between bowls. Sprinkle with shaved Parmesan cheese. Serve with pear salad. Enjoy!

### Rate your recipe

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