

Easy Pesto & Cherry Tomato Pasta

with Apple & Almond Salad

Grab your Meal Kit with this symbol



Cherry/Snacking Tomatoes



Fettuccine



Zucchini



Apple



Flaked Almonds



Mixed Leaves



Garlic Paste



Light Cooking Cream



Vegetable Stock Pot



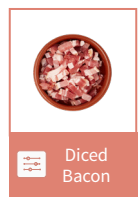
Basil Pesto



Chilli Flakes (Optional)



Grated Parmesan Cheese



Diced Bacon

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **15-25 mins**
 Ready in: **20-30 mins**
 Spicy (optional chilli flakes)

With some help from our brightly flavoured basil pesto and some blistered cherry tomatoes, your weeknight pasta just got a whole lot fancier.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry/snacking tomatoes	1 punnet	2 punnets
fettuccine	1 medium packet	1 large packet
zucchini	1	2
apple	1	2
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
mixed leaves	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
basil pesto	1 packet (50g)	1 packet (100g)
chilli flakes (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3295kJ (787Cal)	741kJ (177Cal)
Protein (g)	22.9g	5.2g
Fat, total (g)	38.9g	8.7g
- saturated (g)	13.1g	2.9g
Carbohydrate (g)	82.2g	18.5g
- sugars (g)	14.9g	3.4g
Sodium (mg)	1142mg	257mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3677kJ (878Cal)	751kJ (179Cal)
Protein (g)	30.5g	6.2g
Fat, total (g)	45.2g	9.2g
- saturated (g)	15.3g	3.1g
Carbohydrate (g)	82.6g	16.9g
- sugars (g)	15.4g	3.1g
Sodium (mg)	1566mg	320mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW14

1



Cook the cherry tomatoes & pasta

- Boil the kettle. In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **cherry tomatoes**, stirring occasionally, until blistered, **4-5 minutes**. Transfer to a small bowl.
- Pour the **boiling water** into a large saucepan over high heat. Add a pinch of **salt**, then bring to the boil. Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (2 tbs for 2 people / 1/4 cup for 4 people), then drain **pasta** and return to pan. Drizzle with **olive oil** to prevent sticking.

3



Finish the pasta

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **zucchini** until softened, **2-3 minutes**. Add **garlic paste** and cook until fragrant, **1 minute**. Add **light cooking cream** and **vegetable stock pot** and cook until slightly thickened, **2-3 minutes**.
- Stir in **basil pesto**, a pinch of **chilli flakes** (if using), **fettuccine** and reserved **pasta water** until heated through. Remove from heat. Stir in **tomatoes**.

CUSTOM RECIPE

If you've added diced bacon, cook it with the zucchini, breaking it up with a spoon, until golden, 4-6 minutes. Continue with the step.

2



Get prepped

- While pasta is cooking, grate **zucchini**. Thinly slice **apple** into wedges.
- In a large bowl, combine a drizzle of **olive oil** and **white wine vinegar**. Season with **salt** and **pepper**. Add **apple**, **flaked almonds** and **mixed leaves**. Set aside.

TIP: Toss the salad just before serving to keep the leaves crisp.

4



Serve up

- Season pasta to taste. Toss salad to coat.
- Divide pesto and cherry tomato pasta between bowls. Sprinkle with **grated Parmesan cheese**.
- Serve with apple and almond salad.

Enjoy!

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