

Mediterranean Tomato & Oregano Fusilli

with Red Pesto, Green Olives & Fetta

Grab your Meal Kit with this symbol







Fusilli











Dried Oregano





Vegetable Stock Powder





Fetta Cubes



Flaked Almonds

Olive Oil, Brown Sugar, Butter



Bring the Italian restaurant vibes to the table with this delightful pasta dish. Whip up a rich herbed tomato sauce for the fusilli, top with creamy fetta and dinner is done!

Unfortunately, this week's gnocchi was in short supply, so we've replaced it with fusilli. Don't worry, the recipe will be just as delicious!



Hands-on: 15-25 mins

Ready in: 30-40 mins

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

 $Large\ saucepan \cdot Large\ frying\ pan$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 packet	2 packets
garlic	3 cloves	6 cloves
green olives	1 medium packet	1 large packet
silverbeet	1 medium bag	1 large bag
soffritto mix	1 medium bag	1 large bag
dried oregano	1 sachet	2 sachets
passata	1 box	2 boxes
brown sugar*	2 tsp	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
red pesto	1 packet (50g)	1 packet (100g)
butter*	20g	40g
fetta cubes	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kj)	3246kJ (775Cal)	753kJ (179Cal)
Protein (g)	20.6g	4.8g
Fat, total (g)	31.4g	7.3g
- saturated (g)	10.6g	2.5g
Carbohydrate (g)	88.9g	20.6g
- sugars (g)	16g	3.7g
Sodium (mg)	1573mg	365mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3969kJ (948Cal)	666kJ (159Cal)
Protein (g)	57.4g	9.6g
Fat, total (g)	34.1g	5.7g
- saturated (g)	11.4g	1.9g
Carbohydrate (g)	89.7g	15g
- sugars (g)	16.8g	2.8g
Sodium (mg)	1641mg	275mg

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.

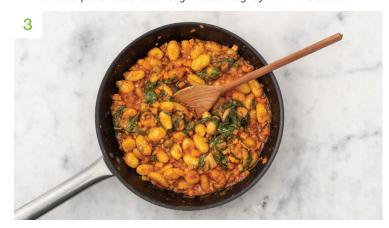
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Cook the pasta

- Boil a full kettle. Pour boiled water into a large saucepan over a high heat with a pinch of salt.
- Add **fusilli** to boiling water and cook until 'al dente', **11 minutes**.
- Reserve some pasta water (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return fusilli to the saucepan. Drizzle with a little olive oil to prevent sticking.

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



Make the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook soffritto mix, stirring, until softened, 3-4 minutes. Add garlic and dried oregano and cook, stirring, until fragrant, 2 minutes.
- Add passata, brown sugar, vegetable stock powder and reserved pasta water. Simmer until thickened slightly, 2-3 minutes. Stir through olives, silverbeet and red pesto and cook, until silverbeet has wilted, 1-2 minutes.
- Remove from heat. Add **butter** and cooked **fusilli**. Toss to coat, then season.

CUSTOM RECIPE

Before cooking the soffritto, cook the chicken, tossing occasionally, until browned and cooked through, 4-5 minutes.



Get prepped

- Finely chop or crush garlic.
- · Roughly chop green olives.
- Roughly chop silverbeet.

CUSTOM RECIPE

If you've added chicken breast, cut the chicken into bite-sized chunks.



Serve up

- Divide Mediterranean tomato and oregano fusilli between bowls. Crumble fetta cubes on top.
- · Serve sprinkled with flaked almonds.

Enjoy!