



# Mediterranean Tomato & Oregano Fusilli

with Red Pesto, Green Olives & Fetta

Grab your Meal Kit with this symbol



Fusilli



Garlic



Green Olives



Silverbeet



Soffritto Mix



Dried Oregano



Passata



Vegetable Stock Powder



Red Pesto



Fetta Cubes



Flaked Almonds



Chicken Breast

Hands-on: 15-25 mins  
Ready in: 30-40 mins

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 feta 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!*



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

### Pantry items

Olive Oil, Brown Sugar, Butter

## 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

	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](https://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](https://hellofresh.com.au/contact)

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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!