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Cherry Tomato & Broccoli Farfalle with Traditional Pesto

Put your best-o foot forward with this gorgeous pesto. We've livened up a classic pasta dish with balsamic-roasted tomatoes, tender broccoli, and crunchy walnuts. You're going to impress even your toughest critic with this flavoursome offering – it even comes with its own bow ties to dress up the occasion.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



high fibre



low sodium

Pantry Items



Balsamic
Vinegar



Olive Oil



Cherry Tomatoes



Farfalle Pasta



Broccoli



Traditional Pesto



Lemon



Parmesan Cheese




Walnuts

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2P	4P	Ingredients
1 punnet	2 punnets	cherry tomatoes, halved 
1 tbs	2 tbs	balsamic vinegar *
2 tbs	4 tbs	olive oil *
200 g	400 g	farfalle pasta
1 head	2 heads	broccoli, roughly chopped 
2 tbs	4 tbs	traditional pesto (recommended amount)
½	1	lemon, juiced 
½ block	1 block	Parmesan cheese, finely grated
¼ cup	½ cup	walnuts, roughly chopped

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3150	Kj
Protein	25.3	g
Fat, total	37.2	g
-saturated	5.9	g
Carbohydrate	75.1	g
-sugars	4.2	g
Sodium	265	mg



You will need: chef's knife, chopping board, fine grater, oven tray lined with baking paper, large pot and a colander.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **cherry tomatoes** in the **balsamic vinegar** and the **olive oil** and place on the prepared oven tray. Season with **salt** and **pepper**. Cook in the oven for **20 minutes** or until blistered.



3 Meanwhile, bring a large pot of salted water to the boil. Add the **farfalle pasta** and cook for **7 minutes** or until cooked 'al dente'. Add the **broccoli** in the last **2 minutes** of cooking. Drain, reserving a tablespoon of the pasta water.

4 Combine the pasta, reserved pasta water, **traditional pesto**, broccoli and roasted tomatoes. Dress with extra olive oil and the **lemon juice**.

5 Divide between serving bowls and garnish with the **Parmesan cheese** and crunchy **walnuts**.



Did you know? Walnuts date back to 10,000 BC, making them the oldest known tree food!