

Plant-Based Pesto Fusilli & Crispy Bac'n with Leafy Cherry Tomato Salad

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol

Fusilli **Snacking Tomatoes** Garlic & Herb Seasoning Plant-Based Basil Pesto Chilli Flakes (Optional)

Plant-Based Bacon Bits Vegetable Stock

Brown Onion



Mixed Salad Leaves

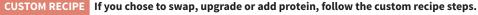
Powder

Plant-Based Bacon Bits

Prep in: 20-30 mins Ø Plant Based Ready in: 25-35 mins Calorie Smart* *Custom recipe is not Calorie Smart

Our plant-based basil pesto coats pasta spirals with a rich depth of flavour that pairs perfectly with crispy plant-based bac'n. Look no further for a delectable, dinnertime classic!

Pantry items Olive Oil, Vinegar (White Wine or Balsamić)



Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

<u> </u>		
	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 medium packet	2 medium packets
brown onion	1	2
snacking tomatoes	1 punnet	2 punnets
plant-based bacon bits	1 packet (90g)	2 packets (180g)
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock powder	½ medium sachet	1 medium sachet
plant-based basil pesto	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
chilli flakes ∮ (optional)	pinch	pinch
plant-based bacon bits**	1 packet (90g)	2 packets (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2513kJ (601Cal)	686kJ (164Cal)
Protein (g)	26.6g	7.3g
Fat, total (g)	17.8g	4.9g
- saturated (g)	1.7g	0.5g
Carbohydrate (g)	79.2g	21.6g
- sugars (g)	10.4g	2.8g
Sodium (mg)	1394mg	381mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2884kJ (689Cal)	702kJ (168Cal)
Protein (g)	39g	9.5g
Fat, total (g)	20.9g	5.1g
- saturated (g)	2g	0.5g
Carbohydrate (g)	81.3g	19.8g
- sugars (g)	10.6g	2.6g
Sodium (mg)	1857mg	452mg

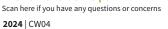
The quantities provided above are averages only.

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!





Cook the fusilli

- Boil the kettle. Half-fill a large saucepan with boiling water and add a generous pinch of salt.
- Cook fusilli in the boiling water over high heat until 'al dente', 11 minutes.
- Reserve **pasta water** (1/2 cup for 2 people / 1 cup for 4 people). Drain **fusilli**, then return to saucepan.



Cook the bac'n

- While fusilli is cooking, finely chop **brown onion**.
- Halve snacking tomatoes.
- Heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook plant-based bacon bits, tossing, until slightly browned, 3-4 minutes. Transfer to a bowl and set aside.

Custom Recipe: If you've doubled your plant-based bacon bits, cook bacon bits, as above, in batches for best results.



Make the pasta

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook brown onion, stirring, until softened, 3-4 minutes. Add garlic & herb seasoning and snacking tomatoes and cook until fragrant, 1-2 minutes.
- Stir in vegetable stock powder (see ingredients) and the reserved pasta water and simmer until slightly reduced, 1-2 minutes.
- Remove from heat and add **cooked fusilli** and **plant-based basil pesto**. stirring to combine. Season to taste.

Serve up

- Meanwhile, in a medium bowl, combine mixed salad leaves and a drizzle of vinegar and olive oil. Season.
- Divide plant-based pesto fusilli between bowls.
- Sprinkle over crispy bac'n and a pinch of **chilli flakes** (if using). Serve with leafy cherry tomato salad. Enjoy!

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