



Plant-Based Pesto Fusilli & Crispy Bac'n

with Leafy Cherry Tomato Salad

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Fusilli



Brown Onion



Snacking Tomatoes



Plant-Based Bacon Bits



Garlic & Herb Seasoning



Vegetable Stock Powder



Plant-Based Basil Pesto



Mixed Salad Leaves



Chilli Flakes (Optional)



Plant-Based Bacon Bits

Prep in: 20-30 mins
Ready in: 25-35 mins

Plant Based

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!

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

	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!

Scan here if you have any questions or concerns



1



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** (½ cup for 2 people / 1 cup for 4 people). Drain **fusilli**, then return to saucepan.

3



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.

2



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.

4



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!

Rate your recipe

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