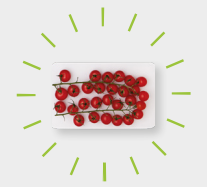




# SPEEDY PESTO & BROCCOLI FARFALLE

with Balsamic Cherry Tomatoes & Walnuts



Cook roasted balsamic cherry tomatoes



Cherry Tomatoes



Garlic



Broccoli



Walnuts



Farfalle



Lemon



Traditional Pesto



Chilli Flakes (Optional)



Shaved Parmesan Cheese

Pantry Staples: Olive Oil, Balsamic Vinegar

Hands-on: 15 mins  
Ready in: 30 mins  
Spicy (optional chilli flakes)

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.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan with lid, medium bowl, oven tray lined with baking paper and colander.**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Bring a large saucepan of salted water to the boil. Cut the **cherry tomatoes** in half. Finely chop the **garlic** (or use a garlic press). Cut the **broccoli** into 2cm florets. Roughly chop the **walnuts**.



### 2 ROAST THE CHERRY TOMATOES

In a medium bowl, toss the **cherry tomatoes** with the **balsamic vinegar, garlic, a pinch of salt and pepper and olive oil (2 tbs for 2 people / 1/3 cup for 4 people)**.

**TIP:** *If you have extra time, marinate the tomatoes for **10-15 minutes**. Place the tomatoes on an oven tray lined with baking paper and roast for **18-20 minutes**, or until blistered. In the last **5 minutes**, add the chopped **walnuts** to the tray and roast until toasted.*



### 4 PREP THE LEMON

While the pasta is cooking, slice the **lemon** (see ingredients list) into wedges.



### 5 BRING IT ALL TOGETHER

Add the **traditional pesto, roasted cherry tomatoes, walnuts, chilli flakes** (if using) and any **remaining dressing** from the oven tray to the saucepan with the pasta and broccoli. Squeeze over the **juice** from the **lemon wedges** and stir to combine.

**TIP:** *Add as much or as little lemon juice as you like, tasting as you go!* Season to taste with **salt and pepper**.



### 3 COOK THE PASTA

While the tomatoes are roasting, add the **farfalle** to the saucepan of boiling water. Cook for **11 minutes**, or until 'al dente'. In the last **3-4 minutes** of pasta cooking time, add the **broccoli**. Drain and return to the saucepan. **Drizzle** with **olive oil** to prevent sticking and cover with a lid to keep warm.



### 6 SERVE UP

Divide the speedy pesto & broccoli farfalle between bowls and top with the **shaved Parmesan cheese**.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnets
garlic	2 cloves	4 cloves
broccoli	1 head	2 heads
walnuts	1 packet	2 packets
balsamic vinegar*	1 tbs	2 tbs
farfalle	1 packet	2 packets
lemon	½	1
traditional pesto	1 tub (75 g)	1 tub (150 g)
chilli flakes (optional)	pinch	pinch
shaved Parmesan cheese	1 packet (30 g)	2 packets (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3260kJ (779Cal)	731kJ (175Cal)
Protein (g)	29.0g	6.5g
Fat, total (g)	34.0g	7.6g
- saturated (g)	6.0g	1.3g
Carbohydrate (g)	82.4g	18.5g
- sugars (g)	8.5g	1.9g
Sodium (g)	377mg	85mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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