



# Speedy Basil Pesto, Broccoli & Walnut Farfalle

with Balsamic Cherry Tomatoes



Add oven-roasted cherry tomatoes to pasta



Broccoli



Farfalle



Walnuts



Cherry Tomatoes



Lemon



Flaked Parmesan Cheese



Traditional Pesto



Garlic



Chilli Flakes (Optional)

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.

**Pantry Staples:** Olive Oil, Balsamic Vinegar



## 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 a **lid**, **medium bowl**, **oven tray** lined with **baking paper**, **colander** and a **wooden spoon**.



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Bring a large saucepan of salted water to the boil. Slice the **cherry tomatoes** in half. Peel and crush the **garlic**. Chop the **broccoli** into 2 cm 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 place in the oven for **18-20 minutes**, or until blistered. In the **last 5 minutes**, add the chopped **walnuts** to the tray and cook until toasted.



### 4 PREP THE LEMON

While the pasta is cooking, slice the **lemon (use suggested amount)** 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 (about 1 tbs for 2 people / 2 tbs for 4 people)** and stir to combine.

**TIP:** *Add as much or as little lemon juice as you like depending on your taste preference.* Season to taste with a **pinch of salt** and **pepper**.



### 3 COOK THE PASTA

While the tomatoes are roasting, add the **farfalle** pasta to the saucepan of boiling water. Cook for **10 minutes**, or until 'al dente'. In the **last 5-6 minutes** of pasta cooking time, add the **broccoli**. Reserve **1 tbs** of pasta water, drain and return to the saucepan. **Drizzle** with **olive oil** and stir through the reserved pasta water. Cover with a lid to keep warm.



### 6 SERVE UP

Divide the speedy basil pesto, broccoli & walnut farfalle between bowls and top with the **flaked 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 (200 g)	2 packets (400 g)
lemon	½	1
traditional pesto	1 tub (75 g)	1 tub (150 g)
chilli flakes (optional)	pinch	pinch
flaked Parmesan cheese	1 packet (30 g)	2 packets (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3730kJ (892Cal)	835kJ (199Cal)
Protein (g)	28.8g	6.4g
Fat, total (g)	47.1g	10.5g
- saturated (g)	7.8g	1.8g
Carbohydrate (g)	81.9g	18.3g
- sugars (g)	8.3g	1.8g
Sodium (g)	377mg	84mg

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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