



Cheesy Parmesan & Leek Fusilli

with Roasted Hazelnuts



Cook a veggie loaded pasta dish



Flaked Parmesan Cheese



Leek



Zucchini



Garlic



Parsley



Thyme



Lemon



Roasted Hazelnuts



Fusilli



Baby Spinach Leaves

Hands-on: 25 mins
Ready in: 30 mins

The fusilli pasta is the perfect shape to harness all the humble flavours of the leek and the punchy flavours of the Parmesan. The result is a totally delectable dish that is light whilst still creamy, and is perfectly topped off by the earthy roasted hazelnuts and freshness of the lemon. Bon appetit!

Pantry Staples: Olive Oil, Eggs (2)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan, garlic crusher, fine grater, rolling pin, colander, medium bowl, whisk or fork, large frying pan** and a **wooden spoon**.



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Finely chop the **flaked Parmesan cheese**. Thinly slice the **leek**. Chop the **zucchini** into 1 cm chunks. Peel and crush the **garlic**. Pick the **thyme** leaves. Pick and finely chop the **parsley** leaves. Zest the **lemon** to get a **pinch**. Crush the **roasted hazelnuts** in their bag with a rolling pin or the base of a saucepan.



2 COOK THE FUSILLI

Add the **fusilli** to the saucepan of boiling water and cook for **11 minutes**, or until 'al dente'. Reserve some **pasta water (1 1/4 cups for 2 people / 2 1/2 cups for 4 people)**, drain the pasta and return to the saucepan. **Drizzle** the pasta with **olive oil** to prevent sticking and set aside.



3 MAKE THE SAUCE

In a medium bowl, whisk the **eggs** with a whisk or fork. Add the chopped **Parmesan** (reserve some for garnish!) and season with a **pinch of pepper**. Whisk to combine and set aside.



4 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **leek** and **zucchini** and cook, stirring, for **5-6 minutes**, or until tender. Add the **garlic, thyme** and **lemon zest** and cook for a further **1-2 minutes**, or until fragrant. Add the **baby spinach leaves** and toss until just wilted. Add the **pasta** to the frying pan with the leek and toss to coat.



5 ADD THE SAUCE

TIP: Removing the pan from the heat before adding the egg is important to stop the eggs from scrambling. Remove the pan from the heat and add the **sauce** and **reserved pasta water (1 cup for 2 people / 2 cups for 4 people)**. Mix well to combine. Add another **dash of pasta water** if your sauce is too dry. Season with a **pinch of salt** and **pepper**.



6 SERVE UP

Divide the fusilli between bowls. Squeeze over some lemon juice to taste. Top with the roasted hazelnuts and garnish with the parsley and remaining parmesan.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
flaked Parmesan cheese	3 packets (90 g)	6 packets (180 g)
leek	1	2
zucchini	1	2
garlic	1 clove	2 cloves
thyme	1 bunch	1 bunch
parsley	1 bunch	1 bunch
lemon	1	2
roasted hazelnuts	1 packet	2 packets
fusilli	1 packet	2 packets
eggs*	2	4
baby spinach leaves	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3170kJ (756Cal)	720kJ (172Cal)
Protein (g)	40.2g	9.1g
Fat, total (g)	24.5g	5.6g
- saturated (g)	11.1g	2.5g
Carbohydrate (g)	78.3g	17.8g
- sugars (g)	7.9g	1.8g
Sodium (g)	642mg	146mg

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

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