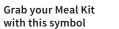


# Cherry Tomato, Kale & Pesto Orecchiette with Pear Salad

with this symbol















Orecchiette







**Light Cooking** 

Mixed Salad Leaves



Vegetable Stock





**Grated Parmesan** Cheese

**Pantry items** 

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and

#### You will need

 $Large\ saucepan\cdot Large\ frying\ pan$ 

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kale	1 medium bag	1 large bag
pear	1	2
orecchiette	1 medium packet	1 large packet
cherry/snacking tomatoes	1 punnet	2 punnets
basil pesto	1 packet (100g)	2 packets (200g)
light cooking cream	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

<sup>\*</sup>Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3607kJ (862Cal)	865kJ (207Cal)
Protein (g)	22.4g	5.4g
Fat, total (g)	47.7g	11.4g
- saturated (g)	14.8g	3.6g
Carbohydrate (g)	82.9g	19.9g
- cugare (g)	14.6σ	3 5 m

848mg

203mg

The quantities provided above are averages only.

#### Allergens

Sodium (mg)

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.



## Get prepped & cook the pasta

- Boil the kettle. Tear kale leaves from stem, then roughly chop the leaves.
   Thinly slice pear.
- Pour the boiled water into a large saucepan over a high heat. Add a pinch of salt and bring to the boil.
- Cook orecchiette in the boiling water until 'al dente', 8 minutes.



## Bring it all together

- To pan with veggies, add basil pesto, light cooking cream, cooked orecchiette, reserved pasta water and vegetable stock powder. Cook, stirring, until combined and heated through, 1-2 minutes. Season to taste. Remove from heat.
- In a large bowl, combine a drizzle of white wine vinegar and olive oil.
   Season, then add pear and mixed salad leaves. Toss to coat.



## Cook the veggies

- Meanwhile, heat a drizzle of olive oil in a large frying pan over a high heat.
   Cook cherry tomatoes, stirring occasionally, until blistered, 3-5 minutes.
   Reduce heat to medium. Add kale and cook until wilted, 1-2 minutes.
- When pasta is done, reserve some pasta water (1/4 cup for 2 people / 1/2 cup for 4 people), then drain pasta and return to saucepan. Drizzle with olive oil to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Serve up

- Divide cherry tomato, kale and pesto orecchiette between bowls. Sprinkle with grated Parmesan cheese.
- Serve with pear salad.

## Enjoy!



