

# Cherry Tomato, Kale & Pesto Orecchiette

with Pear Salad

Grab your Meal Kit with this symbol



Kale



Pear



Orecchiette



Cherry/ Snacking Tomatoes



Basil Pesto



Light Cooking Cream



Vegetable Stock Powder



Mixed Salad Leaves



Grated Parmesan Cheese

 Hands-on: 20-30 mins  
Ready in: 20-30 mins

Ear-shaped orecchiette pasta is the perfect bite-sized vessel for a creamy basil pesto. Complete the dish with blistered cherry tomatoes for a burst of sweetness, a touch of acidity and an extra pop of colour.

### 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 veggies a wash.

## You will need

Large saucepan · 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)

\*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
- sugars (g)	14.6g	3.5g
Sodium (mg)	848mg	203mg

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](https://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!

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