

CLIMATE SUPERSTAR

Cherry Tomato, Kale & Pesto Orecchiette with Pear Salad

Grab your Meal Kit with this symbol

(i)





Kale



Orecchiette

Snacking Tomatoes



Vegetable Stock

Powder



(

Basil Pesto

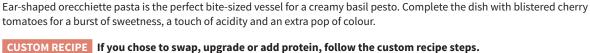
Light Cooking Cream



Shaved Parmesan Cheese

Chicken Breast

Prep in: 20-30 mins Ready in: 20-30 mins Eat Me Early* Custom Recipe only



Pantry items Olive Oil, Vinegar (White Wine or Balsamic)

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 \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	
snacking tomatoes	1 punnet	2 punnets	
basil pesto	2 medium packets	4 medium packets	
light cooking cream	1 medium packet	1 large packet	
vegetable stock powder	1 medium sachet	1 large sachet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
mixed salad leaves	1 small bag	1 medium bag	
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)	
chicken breast**	1 small packet	1 large packet	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3638kJ (870Cal)	877kJ (210Cal)
Protein (g)	23.5g	5.7g
Fat, total (g)	47g	11.3g
- saturated (g)	14g	3.4g
Carbohydrate (g)	82.4g	19.9g
- sugars (g)	13.2g	3.2g
Sodium (mg)	998mg	241mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4398kJ (1051Cal)	759kJ (181Cal)
Protein (g)	56.8g	9.8g
Fat, total (g)	52.3g	9g
- saturated (g)	15.6g	2.7g
Carbohydrate (g)	82.4g	14.2g
- sugars (g)	13.2g	2.3g
Sodium (mg)	1087mg	187mg

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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





Get prepped

- Boil the kettle.
- Tear kale leaves from stems, then roughly chop leaves.
- Thinly slice **pear** into wedges.

Custom Recipe: If you've added chicken breast, cut the chicken into 2cm chunks.



Bring it all together

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook snacking tomatoes, stirring occasionally, until blistered, 3-5 minutes.
- Reduce heat to medium. Add **kale** and cook until wilted, **1-2 minutes**.
- Add basil pesto, light cooking cream, cooked orecchiette, vegetable stock powder and reserved pasta water. Cook, stirring, until combined and heated through, 1-2 minutes. Season to taste. Remove from heat.

Custom Recipe: Before cooking the tomatoes, cook the chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl. After cooking the kale, return chicken to pan, then continue as above.



Cook the pasta & veggies

- Pour the boiled water into a large saucepan over high heat. Add a pinch of **salt** and bring to the boil.
- Cook orecchiette in the boiling water until 'al dente', 8 minutes.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **pasta** and return to saucepan.

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



Serve up

- In a large bowl, combine a drizzle of **vinegar** and olive oil. Season, then add pear and **mixed salad leaves**. Toss to coat.
- Divide tomato, kale and pesto orecchiette between bowls. Sprinkle with **shaved Parmesan cheese**. Serve with pear salad. Enjoy!

Rate your recipe Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate