



Cherry Tomato, Kale & Pesto Orecchiette with Pear Salad

CLIMATE SUPERSTAR

Grab your Meal Kit
with this symbol



Kale



Pear



Orecchiette



Snacking Tomatoes



Vegetable Stock
Powder



Mixed Salad
Leaves



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

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · 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!

Scan here if you have any questions or concerns



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!

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