HELLO FRESH

Easy Pesto & Cherry Tomato Pasta
with Apple & Almond Salad

CLIMATE SUPERSTAR

Snacking Tomatoes

Fettuccine

Zucchini

Apple

Flaked Almonds

Mixed Salad Leaves

Chilli Flakes (Optional)

Garlic Paste

Light Cooking Cream

Vegetable Stock Pot

Basil Pesto

Shaved Parmesan Cheese

Diced Bacon

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic Vinegar)

Prep in: 15-25 mins
Ready in: 20-30 mins

With some help from our brightly flavoured basil pesto and some blistered cherry tomatoes, your weeknight pasta just got a whole lot fancier.

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

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You will need

Large frying pan · Large saucepan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
snacking tomatoes	1 punnet	2 punnets
fettuccine	1 medium packet	1 large packet
zucchini	1	2
apple	1	2
*vinegar** *(white wine or balsamic vinegar)*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
mixed salad leaves	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
basil pesto	1 medium packet	2 medium packets
chilli flakes 🌶 (optional)	pinch	pinch
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
diced bacon	1 packet (90g)	1 packet (180g)

***Pantry Items** ***Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3212kJ (768Cal)	738kJ (176Cal)
Protein (g)	22.5g	5.2g
Fat, total (g)	37.4g	8.6g
- saturated (g)	12.8g	2.9g
Carbohydrate (g)	81.4g	18.7g
- sugars (g)	14.5g	3.3g
Sodium (mg)	1066mg	245mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3601kJ (861Cal)	750kJ (179Cal)
Protein (g)	29.2g	6.1g
Fat, total (g)	44.3g	9.2g
- saturated (g)	15.4g	3.2g
Carbohydrate (g)	82.3g	17.1g
- sugars (g)	15g	3.1g
Sodium (mg)	1498mg	312mg

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

2023 | CW01

1

Cook the cherry tomatoes & pasta

- Boil the kettle. In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **snacking tomatoes**, stirring occasionally, until blistered, **4-5 minutes**. Transfer to a small bowl.
- Pour boiling water into a large saucepan over high heat. Add a pinch of **salt**, then bring to the boil. Cook **fettuccine** in boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (2 tbs for 2 people / 1/4 cup for 4 people), then drain **pasta** and return to pan. Drizzle with **olive oil** to prevent sticking.

3

Finish the pasta

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **zucchini**, stirring, until softened, **2-3 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Stir in **light cooking cream** and **vegetable stock pot** and cook until slightly thickened, **2-3 minutes**.
- Stir in **basil pesto**, a pinch of **chilli flakes** (if using), **fettuccine** and reserved **pasta water** until heated through. Remove pan from heat. Stir in blistered **tomatoes**.

Custom Recipe: If you've added diced bacon, cook it with the zucchini, breaking it up with a spoon, until golden, 4-6 minutes. Continue with the step as above.

2

Get prepped

- While pasta is cooking, grate **zucchini**. Thinly slice **apple** into wedges.
- In a large bowl, combine a drizzle of **olive oil** and **vinegar**. Season with **salt** and **pepper**. Add **apple**, **flaked almonds** and **mixed salad leaves**. Set aside.

TIP: *Toss the salad just before serving to keep the leaves crisp.*

4

Serve up

- Season pasta to taste. Toss salad to coat.
- Divide pesto and cherry tomato pasta between bowls. Sprinkle with **shaved Parmesan cheese**.
- Serve with apple and almond salad. Enjoy!

Rate your recipe

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