



Pesto & Cherry Tomato Pasta

with Apple & Almond Salad



Cherry Tomatoes



Fettuccine



Zucchini



Garlic



Apple



Roasted Almonds



Spinach & Rocket Mix



Light Cooking Cream



Vegetable Stock Pot



Basil Pesto




Chilli Flakes (Optional)



Grated Parmesan Cheese

 Hands-on: **15-25 mins**
Ready in: **20-30 mins**

 Spicy (optional chilli flakes)

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

The recent harsh weather conditions have impacted the zucchini grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

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 frying pan · Large saucepan with lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnets
fettuccine	1 packet	2 packets
zucchini	1	2
garlic	2 cloves	4 cloves
apple	1	2
roasted almonds	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
spinach & rocket mix	1 bag (60g)	1 bag (120g)
light cooking cream	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
basil pesto	1 packet (50g)	1 packet (100g)
chilli flakes (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3587kJ (857Cal)	714kJ (171Cal)
Protein (g)	25.4g	5.1g
Fat, total (g)	42.7g	8.5g
- saturated (g)	13.7g	2.7g
Carbohydrate (g)	87.8g	17.5g
- sugars (g)	17.4g	17.5g
Sodium (mg)	964mg	192mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the cherry tomatoes & pasta

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



Finish the pasta

- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **zucchini**, tossing, until softened, **2-3 minutes**. Add **garlic** and cook until fragrant, **1 minute**. Add **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), cooked **fettuccine** and reserved **pasta water**, until combined and heated through.
- Remove pan from heat. Stir in **cherry tomatoes**. Season to taste.



Get prepped

- While pasta is cooking, grate **zucchini**. Finely chop **garlic**. Thinly slice **apple**. Roughly chop **roasted almonds**.
- In a large bowl, combine a drizzle of **olive oil** and **white wine vinegar**. Season with **salt** and **pepper**. Add the apple, almonds and **spinach & rocket mix**. Set aside.

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



Serve up

- Toss salad to coat.
- Divide pesto and cherry tomato pasta between bowls. Sprinkle with **grated Parmesan cheese**.
- Serve with apple and almond salad.

Enjoy!