



# Creamy Parma Ham & Parmigiano Filled Pasta with Pesto and Courgette

25

Calorie Smart 20-25 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Courgette



Garlic Clove



Parma Ham & Parmigiano Reggiano Filled Pasta



Mixed Herbs



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese



Pesto



Chilli Flakes

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Kettle, garlic press, frying pan, saucepan and colander.

## Ingredients

Ingredients	2P	3P	4P
Courgette**	1	1½	2
Garlic Clove**	1	1½	2
Parma Ham & Parmigiano Reggiano Filled Pasta** 7) 8) 13)	250g	375g	500g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Crème Fraîche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Pesto 7)	32g	48g	64g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>357g</b>	<b>100g</b>
Energy (kJ/kcal)	2395 / 572	671 / 160
Fat (g)	32.0	9.0
Sat. Fat (g)	16.6	4.7
Carbohydrate (g)	51.5	14.4
Sugars (g)	10.2	2.9
Protein (g)	20.4	5.7
Salt (g)	3.82	1.07

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 8) Egg 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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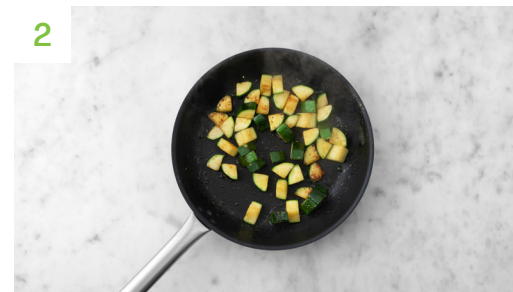
## Get Prepped

- Boil a full kettle for the **pasta**.
- Trim the **courgette**, then quarter lengthways. Chop widthways into 1cm pieces.
- Peel and grate the **garlic** (or use a garlic press).



## Add the Flavour

- When the **courgette** is charred, reduce the heat to medium. Season with **salt** and **pepper**.
- Add the **garlic** and **mixed herbs** to the frying pan. Fry for 1 min.



## Char the Courgette

- Heat a drizzle of **oil** in a large frying pan on high heat.
- When hot, add the **courgette chunks** and cook until charred, 6-8 mins total. Turn only every couple of mins.



## Sauce Things Up

- Stir the **crème fraîche**, **chicken stock paste** and **water for the sauce** (see pantry for amount) into the **courgette** pan.
- Simmer, stirring occasionally, until the **sauce** has reduced and thickened slightly, 2-3 mins.
- Once thickened, stir in the **cheese** until melted.
- Remove from the heat and mix in the **pesto**.



## Pasta Time

- Meanwhile, pour the **boiled water** into a large saucepan with ½ **tsp salt** and bring back to the boil.
- Add the **filled pasta** and cook until tender, 3 mins.
- Once cooked, carefully drain in a colander. Drizzle with **oil** and gently stir through to stop it sticking together.



## Finish and Serve

- Gently stir the **cooked pasta** into the **sauce**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.
- Share the **pesto pasta** between your bowls.
- Sprinkle over the **chilli flakes** to finish (add less if you'd prefer things milder).

## Enjoy!