

# Creamy Pesto Pasta

with Peas, Spinach and Cheese

Rapid 20 Minutes • 1 of your 5 a day







Penne Pasta





Creme Fraiche

Vegetable Stock



Peas

Fresh Pesto



**Baby Spinach** 

Grated Hard Italian Style Cheese



### Pantry Items Oil, Salt, Pepper

### **CUSTOM RECIPE**

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



# Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

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

# Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Penne Pasta 13)	180g	270g	360g
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste <b>10</b> )	10g	15g	20g
Peas**	120g	240g	240g
Baby Spinach**	100g	150g	200g
Fresh Pesto** 7)	50g	82g	100g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Diced Chicken Breast**	260g	390g	520g
Douglas	2P	3P	40
Pantry			4P
Water for the Sauce*	150ml	225ml	300ml

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

### Nutrition

Naci idon			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	318g	100g	448g	100g
Energy (kJ/kcal)	3232 /772	1018/243	3879/927	867 /207
Fat (g)	40.0	12.6	42.3	9.5
Sat. Fat (g)	19.4	6.1	20.0	4.5
Carbohydrate (g)	78.9	24.9	79.0	17.7
Sugars (g)	9.5	3.0	9.6	2.2
Protein (g)	22.7	7.1	54.2	12.1
Salt (g)	1.86	0.58	2.05	0.46

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

### Allergens

7) Milk 8) Egg 10) Celery 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, milk, egg, mustard, celery, soya, 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.

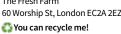
### Contact

#### Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

#### HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







# **Get Prepped**

- a) Fill and boil your kettle.
- **b)** Peel and grate the **garlic** (or use a garlic press).
- c) Pour the boiled water into a large saucepan on high heat for the pasta.



### Cook the Pasta

- a) Add the penne and 1/2 tsp salt to your pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.
- **b)** Once cooked, drain in a colander and pop back in the pan. Drizzle with oil and stir through to stop it sticking together.



# Fry the Garlic

- a) While the pasta cooks, heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once hot, add the garlic and stir-fry until fragrant, 30 secs.

### **CUSTOM RECIPE**

If you've chosen to add **chicken** to your meal, add it to the pan before adding the garlic and season. Fry until golden brown on the outside and cooked through, 8-10 mins, then add the garlic and continue as instructed. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



# Make your Creamy Sauce

- a) Stir the creme fraiche and vegetable stock paste into the garlic.
- **b)** Add the water for the sauce (see pantry for amount) and stir to combine.
- c) Simmer, stirring occasionally, until the sauce has reduced and thickened slightly, 4-5 mins.



# **Heu Pesto**

- a) Add the peas to the sauce, then add the baby spinach a handful at a time until wilted and piping hot, 1-2 mins.
- b) Once the penne is cooked, add to the sauce and stir to coat well.
- c) Stir through the pesto and hard Italian style cheese.



### Serve

a) Share your creamy pesto pasta between your bowls.

# Enjoy!