



Creamy Green Veg and Pesto Pasta with Roasted Tomatoes

Rapid 20 Minutes • 1 of your 5 a day

18



Tenderstem®
Broccoli



Baby Plum
Tomatoes



Garlic Clove



Penne Pasta



Vegetable Stock
Paste



Creme Fraiche



Peas



Grated Hard Italian
Style Cheese



Fresh Pesto

Pantry Items
Sugar

Before you start

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

Cooking tools

Saucepan, garlic press, aluminium foil, baking tray, frying pan and colander.

Ingredients

	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	2	3	4
Sugar*	½ tsp	¾ tsp	1 tsp
Penne Pasta 13)	180g	270g	360g
Water for the Sauce*	150ml	200ml	250ml
Vegetable Stock Paste 10)	10g	15g	20g
Crème Fraîche** 7)	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	40g
Fresh Pesto** 7)	50g	64g	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	376g	100g
Energy (kJ/kcal)	3369/805	896/214
Fat (g)	40.6	10.8
Sat. Fat (g)	19.9	5.3
Carbohydrate (g)	81.9	21.8
Sugars (g)	13.4	3.6
Protein (g)	23.9	6.4
Salt (g)	1.83	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

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

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Get Prepped

a) Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

b) Halve any thick **broccoli** stems lengthways.

c) Halve the **baby plum tomatoes**.

d) Peel and grate the **garlic** (or use a garlic press).



Roast the Tomatoes

a) Pop the **tomatoes** onto a piece of foil.

b) Drizzle over some **olive oil**. Season with **salt**, **pepper** and **sugar** (see ingredients for amount).

c) Fold the foil, sealing on all sides to create a **parcel**. Place the **parcel** onto a small baking tray.

d) When the oven is hot, roast the **tomatoes** on the top shelf until softened, 12-15 mins.



Cook the Pasta

a) Meanwhile, add the **penne** to the **boiling water** and bring back to the boil. Cook until tender, 12 mins.

b) Halfway through, add the **broccoli** to the **pasta** and cook for the remaining time until tender, 5-6 mins.



Make the Sauce

a) While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium heat.

b) Once hot, add the **garlic** to the pan and stir-fry for 1 min.

c) Stir in the **water for the sauce** (see ingredients for amount) and **veg stock paste**. Bring to the boil, then simmer until reduced slightly, 1-2 mins.

d) Once thickened, stir in the **crème fraîche**, bring back to the boil, then remove from the heat. Taste and add **salt** and **pepper** if needed.



Finish the Pasta

a) When the **pasta** and **broccoli** have 3 mins left to cook, add the **peas** and simmer for 2-3 mins.

b) Once cooked, drain the **pasta** and **veg** in a colander, then add to the pan of **sauce** and heat through.

c) Stir through the **cheese**, then taste and season with **salt** and **pepper** if needed. **TIP:** Add a splash of water if you feel it needs it.



Serve

a) When everything is piping hot, spoon the **pasta** into your bowls and drizzle over the **fresh pesto**.

b) Carefully remove your **roasted tomatoes** from the foil and serve them on top.

c) Spoon over the **tomato juices** from the **parcel** to finish.

Enjoy!