



Creamy Pesto Pasta

with Peas, Spring Greens and Spinach

Classic 20 Minutes • 2 of your 5 a day • Veggie

21



Garlic Clove



Penne Pasta



Spring Greens



Creme Fraiche



Vegetable Stock Paste



Peas



Baby Spinach



Fresh Pesto



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Garlic Press, Saucepan, Colander, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Penne Pasta 13)	180g	270g	360g
Spring Greens**	150g	200g	300g
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Sauce*	150ml	225ml	300ml
Peas**	120g	240g	240g
Baby Spinach**	100g	150g	200g
Fresh Pesto** 7)	32g	50g	64g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	443g	100g
Energy (kJ/kcal)	3131 /748	708 /169
Fat (g)	37	8
Sat. Fat (g)	16	4
Carbohydrate (g)	81	18
Sugars (g)	11	3
Protein (g)	29	6
Salt (g)	1.85	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

- Fill and boil your kettle.
- Peel and grate the **garlic** (or use a garlic press).
- Pour the **boiling water** into a large saucepan and add **½ tsp salt**. Bring back to the boil on medium heat.



Cook the Pasta

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



Start the Sauce

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When hot, add the **spring greens** with a splash of **water** and season with **salt** and **pepper**. Stir-fry until softened, 4-5 mins.



Mix It Up

- Stir the **garlic**, **creme fraiche** and **vegetable stock paste** into the pan with the **spring greens**.
- Add the **water for the sauce** (see ingredients for amount) and stir to combine.
- Simmer, stirring occasionally, until the **spring greens** are tender and the **sauce** has reduced and thickened slightly, 4-5 mins.



Combine

- Add the **peas** to the pan and add the **baby spinach** a handful at a time until wilted and piping hot, 1-2 mins.
- Once the **penne** is cooked, add it to the **sauce**, and stir through the **pesto** and **half the hard Italian style cheese**.



Serve

- Serve the **pasta** in bowls and finish with a sprinkling of the remaining **cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.