



LIGHTER PESTO PASTA

with roasted tomato, squash and walnut pesto



HELLO WALNUT

Walnuts are only harvested once a year, between September and November.



Diced Butternut Squash



Cherry Plum Tomatoes



Garlic Clove



Red Wine Vinegar



Onion



Basil



Chives



Walnuts



Lemon



Italian Style Grated Hard Cheese



Fusilli Pasta



Rocket

MEAL BAG

40 mins

of your 5 a day

Cook within 3 Days of Delivery

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a some **Baking Paper**, a **Baking Tray**, **Fine Grater**, **Small Frying Pan**, **Measuring Jug**, **Large Saucepan** and **Colander**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 180°C. Pop the **butternut squash** on a baking tray and over a little **oil**. Season with, **salt** and **pepper**. Toss to coat, spread out and roast on the top shelf of your oven until soft and golden, 30-35 mins. Meanwhile, cut the **tomatoes** in half and pop in a large bowl. Peel and grate the **garlic** (or use a garlic press). Add to the **tomatoes** along with the **red wine vinegar**, **sugar** (if using), a pinch of **salt** and **pepper** and a drizzle of **oil**. Set aside.



4 MAKE THE PESTO

Pick the **basil leaves** from their stalks and finely chop (discard the stalks). Finely chop the **chives** and the **walnuts**. Zest the **lemon** then cut in half. In a small bowl, mix together the **basil**, **chives**, **walnuts**, **three-quarters** of the **cheese**, the **lemon zest**, the **olive oil** and **water** (see ingredients for amount). Season to taste with **lemon juice**, **salt** and **pepper**. Pesto made!



2 ADD THE TOMATOES

When the **butternut squash** has been in the oven for 15 mins, remove the tray and give the **squash** a good toss. Push the **squash** to one side of the tray and pop the **tomatoes** on the other side. Return to the oven to cook for the remaining 15-20 mins, until the **squash** is golden and the **tomatoes** are beginning to colour and burst.



5 COOK THE PASTA

Pour the **water** from the kettle into a large saucepan. Bring back to the boil on high heat and add a pinch of **salt**. Stir in the **pasta** and cook until al dente, around 9 mins. ★ **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Once cooked, drain in a colander. Return to the pan (off the heat) and drizzle with a little **oil** to stop it sticking together.



3 FRY THE ONION

In the meantime, heat a splash of **oil** in a small frying pan over medium-low heat. Halve, peel and thinly slice the **onion** and add to the pan with a pinch of **salt**. Slowly cook the **onion**, stirring occasionally, until soft and beginning to colour, 8-10 mins. Meanwhile, pop your kettle on to boil.



6 SERVE

Once everything is cooked, stir the **pesto** and **onion** into the **pasta**. Gently mix in the **roasted tomatoes**, **butternut squash** and any **roasting juices** from the tray. Season to taste with more **lemon juice**, **salt** and **pepper** if needed. Finally, stir in the **rocket leaves** and allow to wilt. Divide between your plates and sprinkle over the remaining **cheese**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Butternut Squash	1 small bag	1 medium bag	1 large bag
Cherry Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Garlic Clove	1	2	2
Red Wine Vinegar 14)	½ sachet	1 sachet	1 sachet
Sugar*	¼ tsp	½ tsp	½ tsp
Onion	1	1	2
Basil	1 bunch	1 bunch	1 bunch
Chives	1 bunch	1 bunch	1 bunch
Walnuts 2)	1 bag	1 bag	2 bags
Lemon	½	1	1
Italian Style Grated Hard Cheese 7) 8)	1 pack	1½ packs	2 packs
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Water*	1 tbsp	1 tbsp	2 tbsp
Fusilli Pasta 13)	200g	300g	400g
Rocket	½ bag	1 bag	1 bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 463G	PER 100G
Energy (kcal)	661	143
(kJ)	2764	598
Fat (g)	22	5
Sat. Fat (g)	6	1
Carbohydrate (g)	89	19
Sugars (g)	17	4
Protein (g)	26	6
Salt (g)	0.43	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 8) Egg 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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