



# Creamy Pumpkin Fusilli & Walnut Crumb

with Pear & Rocket Salad

Grab your Meal Kit with this symbol



Red Onion



Peeled & Chopped Pumpkin



Walnuts



Pear



Garlic



Fusilli



Longlife Cream



Vegetable Stock Powder



Grated Parmesan Cheese



Parsley



Rocket Leaves



Grated Parmesan Cheese

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

The star of this pasta night is the moreish creamy sauce, with roasted butternut pumpkin stirred through, it'll melt in your mouth upon first bite. Topped off with a walnut crumb, your senses will be in for a very special treat.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large saucepan with a lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
walnuts	1 packet	2 packets
pear	1	2
garlic	2 cloves	4 cloves
balsamic vinegar*	½ tbs	1 tbs
fusilli	1 packet	2 packets
longlife cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 large sachet	2 large sachets
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
parsley	1 bag	1 bag
rocket leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3757kJ (897Cal)	721kJ (172Cal)
Protein (g)	24.6g	4.7g
Fat, total (g)	41.6g	8g
- saturated (g)	19.5g	3.7g
Carbohydrate (g)	100.8g	19.3g
- sugars (g)	23.6g	4.5g
Sodium (mg)	1009mg	194mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3757kJ (897Cal)	721kJ (172Cal)
Protein (g)	24.6g	4.7g
Fat, total (g)	41.6g	8g
- saturated (g)	19.5g	3.7g
Carbohydrate (g)	100.8g	19.3g
- sugars (g)	23.6g	4.5g
Sodium (mg)	1009mg	194mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil. Cut the **red onion** into wedges. Place the **peeled & chopped pumpkin** and **onion** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Spread out evenly and roast until tender, **20-25 minutes**.



## Toast the walnuts

While the pasta is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Toast the **walnuts**, tossing occasionally, until golden, **3-4 minutes**. Transfer to a small bowl.

### CUSTOM RECIPE

If you've doubled your Parmesan cheese, add to the creamy sauce as above



## Get prepped

While the veggies are roasting, roughly chop the **walnuts**. Thinly slice the **pear**. Finely chop the **garlic**. In a medium bowl, combine the **balsamic vinegar** and a drizzle of **olive oil**. Season and set aside.



## Bring it all together

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), reserved **pasta water**, the **vegetable stock powder** and 1/2 the **grated Parmesan cheese**. Stir to combine and simmer until slightly thickened, **2-3 minutes**. Add the cooked **fusilli** and roasted **veggies** and gently toss to combine. Season to taste.



## Cook the fusilli

Cook the **fusilli** in the boiling water until 'al dente', **11 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain the **fusilli** and return to the pan with a drizzle of **olive oil** to prevent sticking. Cover to keep warm.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Serve up

Roughly chop the **parsley** leaves. Add the pear and **rocket leaves** to the vinegar dressing, then toss to coat. Divide the creamy pumpkin fusilli between bowls. Sprinkle over the walnut crumb, parsley and remaining Parmesan. Serve with the pear and rocket salad.

## Enjoy!