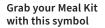
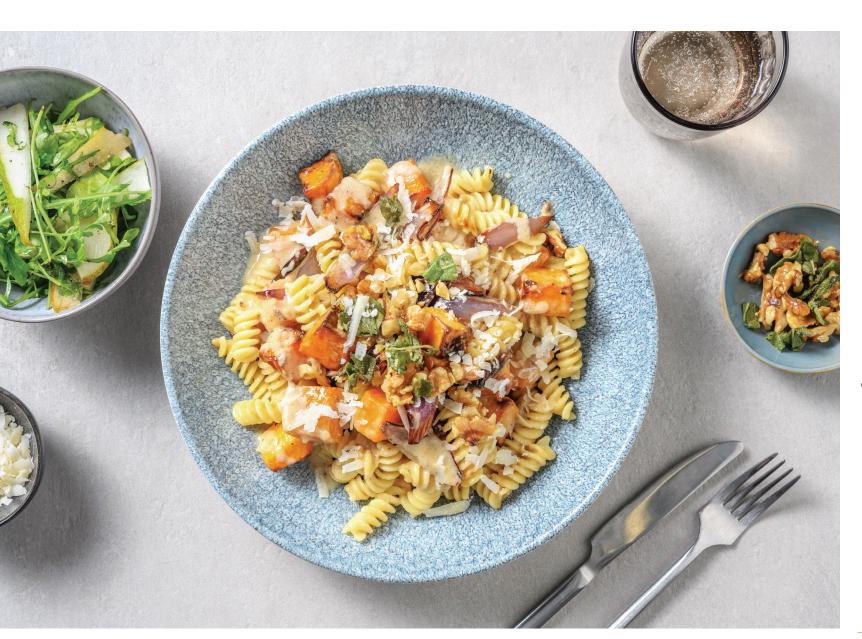


Creamy Pumpkin Fusilli & Walnut Crumb with Pear & Rocket Salad











Pumpkin



Walnuts









Longlife Cream



Vegetable Stock Powder



Grated Parmesan



Cheese

Rocket Leaves



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.



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

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	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

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Energy (kJ)	3757kJ (897Cal)	721kJ (172Cal)
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- 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 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

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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.



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.



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.



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



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.



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!