

GREEN
CHEF

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10



Baked Feta and Baby Plum Tomato Fusilli

with Pumpkin Seeds and Pesto Dressing

Vegetarian Cook time: 30-35 mins | Servings: 2 or 4 portions | Medium Spice

Carbs	Protein	Fat	Calories	5-a-day
61.3g	23.8g	37.4g	694 Kcal	1 portion
Typical Values Per Serving				

Before you start

Wash your hands before and after prep. Wash fruit and veg. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got an ovenproof dish, kettle, saucepan, colander and bowl.

Ingredients

Ingredients	2 people	4 people
Garlic Clove**	3	6
Baby Plum Tomatoes	250g	500g
Chilli Flakes	1 pinch	2 pinches
Feta Cheese** 7)	100g	200g
Dried Basil	1 sachet	2 sachets
Fresh Wholewheat Fusilli** 13)	220g	440g
Fresh Pesto** 7)	32g	64g
Baby Leaf Mix**	50g	100g
Pumpkin Seeds	15g	30g
Pantry	2 people	4 people
Olive Oil*	3 tbsps	6 tbsps
Reserved Pasta Water*	50ml	100ml

*Not Included ** Keep in the Fridge

Typical Values	Per Serving	Per 100g
for uncooked ingredient	353g	100g
Energy (kJ/kcal)	2904 /694	823 /197
Fat (g)	37.4	10.6
Sat. Fat (g)	13.2	3.7
Carbohydrate (g)	61.3	17.4
Sugars (g)	6.5	1.9
Protein (g)	23.8	6.7
Salt (g)	1.51	0.43

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal)

Allergens

7) Milk 13) Cereals containing gluten

Please remember to check your ingredient packaging for 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.

Wash or use different chopping boards and utensils for raw and ready-to-eat foods. There may be last-minute changes to ingredients, of which we will always notify you by email.

How to contact us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, on 020 4538 1121 or via the chat function on the website

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Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel the **garlic**.



In a medium ovenproof dish, place the **baby plum tomatoes, garlic cloves, chilli flakes** and a **third** of the **olive oil** (see pantry).

Stir to coat and season with **salt** and **pepper**.



Place the **feta cheese** in the centre of the **tomato mixture**, then sprinkle with the **dried basil** and drizzle with another **third** of the **olive oil** (see pantry).

Bake on the middle shelf of your oven until the **tomatoes** are bursting and the **feta** is turning golden, 25 mins.



Boil a full kettle.

When the **tomatoes** have 5 mins left in the oven, add the **boiled water** to a medium saucepan with **½ tsp salt** and bring back to the boil, then add the **wholewheat fusilli** and cook until tender, 2-3 mins.

Reserve some of the **pasta water** (see pantry) before draining the **fusilli** into a colander. Return to the pan and toss in a splash of **oil** to prevent sticking.



Once cooked, remove the dish from the oven and crush the **roasted garlic cloves** with the back of a fork.

Add the **cooked fusilli** to the dish, along with the **reserved pasta water**. Mix with the **tomatoes** and **feta** until creamy.

In a small bowl, stir the remaining **olive oil** (see pantry) into the **fresh pesto** to make the **pesto dressing**.



Spoon the **baked feta and tomato fusilli** into your bowls and serve with the **baby leaf mix** alongside.

Drizzle the **pesto dressing** over the **salad** and **pasta**, then sprinkle with **pumpkin seeds** to finish.

Enjoy!



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