

Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see [Authors & Referees](#) and the [Editorial Policy Checklist](#).

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

- | | |
|-------------------------------------|--|
| n/a | Confirmed |
| ☐ | ☒ The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement |
| ☐ | ☒ A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly |
| ☐ | ☒ The statistical test(s) used AND whether they are one- or two-sided
<i>Only common tests should be described solely by name; describe more complex techniques in the Methods section.</i> |
| ☒ | ☐ A description of all covariates tested |
| ☒ | ☐ A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons |
| ☐ | ☒ A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals) |
| ☐ | ☒ For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
<i>Give P values as exact values whenever suitable.</i> |
| ☒ | ☐ For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings |
| ☒ | ☐ For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes |
| ☒ | ☐ Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated |

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection No software was used for data collection

Data analysis All data analyses were done using R version 3.5.1., and the Tidyverse package version 1.2.1.. The survival analyses were done using the Survival package version 2.38.

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors/reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Research [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

All data used in this study is available on figshare at 10.6084/m9.figshare.9752903 (will be made public prior to publication).

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

- ☒ Life sciences ☐ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	All in vitro experiments were performed in 6 independent replicates for sufficient statistical power, in line with common practice in experimental evolution studies. Larvae infections were performed in 10 replicates with 3 independent repeats for sufficient statistical power, and in line with common practice in Galleria virulence assays. All sample sizes were determined based on common practice in experimental evolution studies and infection assays using Galleria.
Data exclusions	No data were excluded from the analyses
Replication	We used 6 independent biological replicates per treatment. For virulence assays, there were 10 larvae per treatment, with 3 independent repeats. All observations were reproducible.
Randomization	Not relevant to our study - single experimental manipulations of individual variables.
Blinding	Blinding not relevant - single experimental manipulations of individual variables.

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems		Methods	
n/a	Involved in the study	n/a	Involved in the study
☒	☐ Antibodies	☒	☐ ChIP-seq
☒	☐ Eukaryotic cell lines	☒	☐ Flow cytometry
☒	☐ Palaeontology	☒	☐ MRI-based neuroimaging
☐	☒ Animals and other organisms		
☒	☐ Human research participants		
☒	☐ Clinical data		

Animals and other organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research

Laboratory animals	We used Galleria mellonella (wax moth) larvae.
Wild animals	The study did not involve wild animals
Field-collected samples	The study did not involve samples collected from the field
Ethics oversight	Ethics approval for the use of invertebrates was given by The University of Exeter ethics committee.

Note that full information on the approval of the study protocol must also be provided in the manuscript.