



Everything  
But The Chef

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## Bacon, Zucchini & Fetta Pasta

Sick of your same-old pasta with a tomato sauce combo but still want something quick and easy? This bacon, zucchini & fetta pasta is definitely for you. The salty bacon and fetta are rounded out by the freshness of zucchini and baby spinach. Topped off with a generous squeeze of lemon and handful of fragrant parsley, you'll be wishing the saucepan had a continuous supply of pasta!

 **Prep:** 10 mins  
 **Cook:** 15 mins  
**Total:** 25 mins

 level 1

 high protein

### Pantry Items



Butter



Penne



Bacon



Zucchini



Garlic



Parsley



Fetta Cheese



Baby Spinach



Lemon

2P	4P	Ingredients	
200 g	400 g	penne	
3 rashers	6 rashers	bacon, fat trimmed & sliced into strips	A
1 tsp	2 tsp	butter *	
1	2	zucchini, peeled into ribbons	B
1 clove	2 cloves	garlic, peeled & crushed	⊕
½ bunch	1 bunch	parsley, leaves picked & chopped	C ⊕
½ block	1 block	fetta cheese, crumbled	⊕
½ bag	1 bag	baby spinach leaves, washed	⊕
½	1	lemon, juiced	⊕

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	3130	Kj
Protein	32.5	g
Fat, total	26.2	g
-saturated	11.4	g
Carbohydrate	91.6	g
-sugars	3.1	g
Sodium	1060	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, garlic crusher, vegetable peeler, large saucepan, colander, and a medium frying pan.*

**1** Bring a large saucepan of water to the boil. Add the **penne** and cook for **8 minutes**, or until tender. Drain and return to the saucepan. Cover with a lid.

**2** Meanwhile, heat a splash of olive oil in a medium frying pan over a medium heat. Add the **bacon** and cook for **4-5 minutes**, stirring regularly so that it doesn't burn. Add the **butter, zucchini ribbons** and **garlic**. Cook for **3-4 minutes**, or until the zucchini has softened. Remove the frying pan from the heat.

**3** Add the bacon, zucchini ribbons, **parsley** and **fetta cheese** to the pasta. Stir through the **baby spinach leaves** and **lemon juice**. Season to taste with **salt and pepper**.

**4** To serve, divide the pasta between bowls.



**Did you know?** Denmark consumes the most pork in the world.