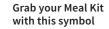


Plant-Based Bacon & Tomato-Chilli Orecchiette

with Basil Pesto & Cucumber Salad

ALTERNATIVE PROTEIN







Orecchiette



Cucumber



Snacking Tomatoes





Soffritto Mix



Bacon Bits





Chilli Flakes (Optional)



Mixed Salad Leaves



Basil Pesto



Plant-Based **Grated Cheese**



Prep in: 15-25 mins Ready in: 15-25 mins



Bite-sized orecchiette pasta combines with tasty bacon and diced veggies to create a meal that feels a little bit fancy. Add the chilli for some heat, a fresh side-salad and dinner is complete (until dessert, that is!).

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

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
orecchiette	1 medium packet	1 large packet	
cucumber	1	2	
snacking tomatoes	½ punnet	1 punnet	
plant-based bacon bits	1 packet	2 packets	
soffritto mix	1 medium bag	1 large bag	
garlic & herb seasoning	1 medium sachet	1 large sachet	
chilli flakes ∮ (optional)	pinch	pinch	
tomato sugo	1 packet	2 packets	
plant-based butter*	20g	40g	
brown sugar*	½ tsp	1 tsp	
mixed salad leaves	1 small bag	1 medium bag	
balsamic vinegar*	drizzle	drizzle	
plant-based basil pesto	1 medium packet	1 large packet	
plant-based grated cheese	1 packet	2 packets	
diced bacon**	1 packet (90g)	1 packet (180g)	
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2944kJ (704Cal)	551kJ (132Cal)
Protein (g)	28.1g	5.3g
Fat, total (g)	24.4g	4.6g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	87.7g	16.4g
- sugars (g)	16.1g	3g
Sodium (mg)	1649mg	309mg
Custom Recipe	J	, and the second

Avg Qty Per 100g Energy (kJ) 2961kJ (708Cal) 554kJ (132Cal) 22.5g Protein (g) 4.2g Fat, total (g) 28.1g 5.3g - saturated (g) 5.6g 1g Carbohydrate (g) 86.4g 16.2g 16.4g - sugars (g) 3.1g Sodium (mg) 1616mg 302mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Cook the orecchiette

- Boil the kettle. Half-fill a medium saucepan with boiling water over high heat, then add a pinch of **salt**.
- Cook orecchiette in the boiling water until 'al dente', 8 minutes.
- Reserve **pasta water** (1/3 cup for 2 people / 1/3 cups for 4 people). Drain **orecchiette**, then return to saucepan.



Make the pasta

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook soffritto mix, stirring occasionally, until golden and softened, 4-5 minutes.
- Add garlic & herb seasoning and a pinch of chilli flakes (if using), and cook until fragrant, 1 minute.
- Stir in tomato sugo, the plant-based butter, the brown sugar and reserved pasta water and simmer, until slightly reduced, 1-2 minutes.
- Add cooked orecchiette and bacon bits, tossing, until combined, 1 minute.
 Season to taste.



Get prepped

- Meanwhile, thinly slice cucumber into rounds. Halve snacking tomatoes (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook plant-based bacon bits, until starting to brown, 3-4 minutes. Transfer to a bowl and set aside.

Custom Recipe: If you've swapped to diced bacon, heat pan as above. Cook diced bacon, breaking bacon up with a spoon, until golden, 4-6 minutes. Transfer to a bowl and set aside.



Serve up

- Meanwhile, in a medium bowl, combine cucumber, snacking tomatoes,
 mixed salad leaves, a drizzle of the balsamic vinegar and olive oil. Season.
- Divide plant-based bacon and tomato-chilli orecchiette between bowls.
- Top with **plant-based basil pesto** and a pinch of **chilli flakes** (if using).
- Serve with cucumber salad and a helping of plant-based grated cheese.
 Enjoy!

Rate your recipe

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