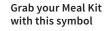


# Quick Creamy Bacon, Mushroom & Parmesan Pasta

with Spinach, Rocket & Apple Salad

TAKEAWAY FAVES

CLIMATE SUPERSTAR











**Brown Onion** 





Sliced Mushrooms





Chicken-Style Stock Powder



Spinach & Rocket



Parmesan Cheese

**Pantry items** 





Eat Me Early

This fettuccine dish pairs the earthy flavour of mushroom and bacon with an easy creamy sauce. The side salad balances the richness of the pasta with peppery rocket and sweet apple.



# 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

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	2 People	4 People
olive oil*	refer to method	refer to method
fettuccine	1 medium packet	2 medium packets
apple	1	2
brown onion	1/2	1
butter*	20g	40g
diced bacon	1 packet (90g)	1 packet (180g)
sliced mushrooms	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
balsamic vinegar*	1½ tsp	3 tsp
honey*	½ tsp	1 tsp
spinach & rocket mix	1 small bag	1 medium bag
Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3613kJ (864Cal)	773kJ (185Cal)
Protein (g)	22.5g	4.8g
Fat, total (g)	46.8g	10g
- saturated (g)	18.9g	4g
Carbohydrate (g)	84.6g	18.1g
- sugars (g)	22.5g	4.8g
Sodium (mg)	1003mg	215mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4001kJ (956Cal)	<b>781kJ</b> (187Cal)
Protein (g)	29.4g	5.7g
Fat, total (g)	53.6g	10.5g
- saturated (g)	21.4g	4.2g
Carbohydrate (g)	85.4g	16.7g
- sugars (g)	23g	4.5g
Sodium (mg)	1433mg	280mg

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 pasta

- Half-fill a large saucepan with water, add a generous pinch of salt, then bring to the boil over high heat.
- Cook fettuccine in boiling water until 'al denté', 9 minutes.
- While the pasta is cooking, thinly slice **apple**. Finely chop **brown onion**.
- Reserve some pasta water. Drain then return pasta to the saucepan. Drizzle with olive oil to prevent sticking.

**TIP:** 'Al denté' means the pasta is cooked through but still has a bit of firmness in the middle.



### Toss the salad

- In a medium bowl, combine the balsamic vinegar, honey and olive oil (2 tsp for 2 people / 1 tbs for 4 people). Season with salt and pepper and mix well.
- Just before serving, add apple and spinach & rocket mix and toss to coat.



#### Make the sauce

- While the pasta is cooking, in a large frying pan, heat the butter and a drizzle
  of olive oil over high heat. Add diced bacon, onion and sliced mushrooms
  and cook, stirring occasionally, until well browned, 5-6 minutes.
- Reduce frying pan heat to low and add light cooking cream and chicken-style stock powder, stir to combine. Simmer until thickened, 2-3 minutes.
- Add cooked fettuccine and a splash of the reserved pasta water to the pan, toss to combine. Remove pan from heat and add a splash more cooking water if needed. Season with salt and pepper.

**Custom Recipe:** If you've doubled your diced bacon, cook bacon for an extra 2-3 minutes.



# Serve up

- Divide the creamy bacon and mushroom pasta between bowls and serve with the rocket and apple salad.
- Sprinkle Parmesan cheese over the pasta to serve. Enjoy!