



Quick Creamy Bacon, Mushroom & Parmesan Pasta

with Spinach, Rocket & Apple Salad

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Fettuccine



Apple



Brown Onion



Diced Bacon



Sliced Mushrooms



Light Cooking Cream



Chicken-Style Stock Powder



Spinach & Rocket Mix



Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins

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.

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

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Honey

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

	2 People	4 People
olive oil*	refer to method	refer to method
fettuccine	1 medium packet	2 medium packets
apple	1	2
brown onion	½	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)

*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)	781kJ (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



1



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 dente', **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 dente' means the pasta is cooked through but still has a bit of firmness in the middle.

3



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.

2



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.

4



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!

Rate your recipe

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