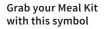


Creamy Tomato Bacon Orecchiette with Garlic Pangrattato & Apple Salad

KID FRIENDLY

CLIMATE SUPERSTAR















Panko Breadcrumbs





Diced Bacon

Tomato Paste





Garlic & Herb Seasoning

Chicken-Style Stock Powder







Light Cooking



Parmesan Cheese







Apple

Baby Spinach Leaves





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

*Custom Recipe only

'Pangrattato' is Italian for breadcrumb and it adds a delicious, traditional crunch when sprinkled over pasta. The orecchiette (meaning 'little ears' in Italian) is the perfect pasta shape for cradling this creamy bacon sauce.

Pantry items Olive Oil, 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

	2 People	4 People
olive oil*	refer to method	refer to method
orecchiette	1 medium packet	2 medium packets
brown onion	1/2	1
garlic	3 cloves	6 cloves
panko breadcrumbs	½ medium packet	1 medium packet
diced bacon	1 packet (90g)	1 packet (180g)
tomato paste	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
apple	1	2
balsamic vinegar*	drizzle	drizzle
chicken breast**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3530kJ (844Cal)	779kJ (186Cal)
Protein (g)	29.9g	6.6g
Fat, total (g)	31.3g	6.9g
- saturated (g)	14.4g	3.2g
Carbohydrate (g)	107.1g	23.6g
- sugars (g)	21.6g	4.8g
Sodium (mg)	1553mg	343mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4282kJ (1023Cal)	693kJ (166Cal)
Protein (g)	63.9g	10.3g
Fat, total (g)	36g	5.8g
- saturated (g)	15.8g	2.6g
Carbohydrate (g)	107.1g	17.3g
- sugars (g)	21.6g	3.5g
Sodium (mg)	1637mg	265mg

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!

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Get prepped

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

Custom Recipe: If you've added chicken breast, while the orecchiette is cooking, cut chicken into 2cm chunks.



Make the sauce

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook diced bacon and onion, breaking up bacon with a spoon, until golden, 3-5 minutes.
- Reduce heat to medium, add tomato paste, garlic & herb seasoning and remaining garlic and cook until fragrant, 1 minute.
- Stir in chicken-style stock powder, light cooking cream, Parmesan cheese and reserved pasta water and simmer until slightly reduced, 1-2 minutes.
- Add orecchiette and half the baby spinach leaves and gently stir to combine.

Custom Recipe: Cook chicken with diced bacon until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue with the step.



Make the garlic pangrattato

- Meanwhile, finely chop garlic. Finely chop onion.
- Heat a large frying pan over medium-high heat with a generous drizzle of
 olive oil. Cook panko breadcrumbs (see ingredients), stirring, until golden
 brown, 3 minutes. Add half the garlic and cook until fragrant, 1-2 minutes.
 Transfer to a small bowl and season to taste.

Little cooks: Help stir the ingredients! Be careful the pan is hot!



Serve up

- Meanwhile, thinly slice apple into wedges.
- In a medium bowl, combine apple, the remaining spinach and a drizzle of balsamic vinegar and olive oil. Season to taste.
- Divide creamy tomato bacon orecchiette between bowls.
- Top with garlic pangrattato.
- Serve with apple salad. Enjoy!

Little cooks: Take the lead by tossing the salad!

Rate your recipe

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