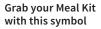


# Quick Bacon & Creamy Pesto Fusilli with Parmesan & Side Salad

KID FRIENDLY

**CLIMATE SUPERSTAR** 











**Brown Onion** 





Carrot

Mixed Salad Leaves







Fusilli





Garlic & Herb Seasoning



Balsamic Vinaigrette **Basil Pesto** 

Dressing

(Optional)

Parmesan Cheese

Chilli Flakes



**Pantry items** Olive Oil, Butter

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



When you stir herby pesto and crispy bacon through chunky spirals of pasta, the result is pure comfort food. But when you add our classic garlic and herb seasoning for that extra flavour, it instantly transforms this meal from good, to great.

## 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
	celery	1 medium packet	1 large packet
	brown onion	1/2	1
	carrot	1	2
	mixed salad leaves	1 small packet	1 medium packet
	fusilli	1 medium packet	2 medium packets
	diced bacon	1 medium packet	1 large packet
	light cooking cream	1 medium packet	1 large packet
	garlic & herb seasoning	1 medium sachet	1 large sachet
	butter*	20g	40g
	basil pesto	1 packet	2 packets
	balsamic vinaigrette dressing	1 sachet	2 sachets
	Parmesan cheese	1 medium packet	1 large packet
	chilli flakes (optional) 🌶	pinch	pinch
	chicken breast**	1 medium packet	2 medium packets OR 1 large packet

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

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3930kJ (939Cal)	864kJ (207Cal)
Protein (g)	28.3g	6.2g
Fat, total (g)	52.4g	11.5g
- saturated (g)	21g	4.6g
Carbohydrate (g)	85.1g	18.7g
- sugars (g)	17.9g	3.9g
Sodium (mg)	1388mg	305mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4644kJ (1110Cal)	749kJ (179Cal)
Protein (g)	64.9g	10.5g
Fat, total (g)	54.9g	8.9g
- saturated (g)	21.7g	3.5g
Carbohydrate (g)	85.3g	13.8g
- sugars (g)	17.9g	2.9g
Sodium (mg)	1458mg	235mg

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





# Get prepped

- Bring a medium saucepan of salted water to the boil.
- · Thinly slice celery.
- Finely chop brown onion (see ingredients).
- Grate carrot.
- In a medium bowl, combine carrot and mixed salad leaves. Set aside.

**Little cooks:** Older kids, help grate the carrot under adult supervision.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



# Finish the pasta

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook celery and brown onion, tossing, until softened, 4-5 minutes.
- Reduce heat to medium, then add light cooking cream and garlic & herb seasoning. Return bacon to pan and cook, stirring, until sauce is slightly reduced, 1-2 minutes.
- Remove pan from heat. Stir in the butter, basil pesto and fusilli until combined and the butter is melted (if needed, add a dash of reserved pasta water to loosen the sauce). Season with salt and pepper to taste.

**Custom Recipe:** Return chicken to pan with the bacon and cook, stirring, until sauce is slightly reduced, 1-2 minutes. Continue as above.



# Cook the pasta & bacon

- Cook **fusilli** in the boiling water until 'al dente' (when pasta is cooked through but still slightly firm in the centre), **12 minutes**.
- Meanwhile, heat a large frying pan over high heat with a drizzle of olive
  oil. Cook diced bacon, breaking up with a spoon, until golden, 3 minutes.
  Transfer to a bowl.
- When the pasta is ready, reserve some pasta water (½ cup for 2 people / ½ cup for 4 people), then drain pasta and return to saucepan.

**Custom Recipe:** Add chicken with diced bacon, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl.



## Serve up

- Dress salad with **balsamic vinaigrette dressing**, tossing to coat.
- Divide bacon and creamy pesto fusilli between bowls. Sprinkle with Parmesan cheese and a pinch of chilli flakes (if using).
- Serve with salad. Enjoy!

**Custom Recipe:** Divide bacon, chicken and creamy pesto fusilli between bowls to serve.

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