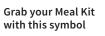


# Quick Saucy Tomato Bacon Orecchiette with Garlic Pangrattato & Apple Salad

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

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	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 medium packet	1 large packet		
tomato paste	1 medium packet	1 large packet		
garlic & herb seasoning	1 medium sachet	1 large sachet		
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 packet	1 large packet		
apple	1	2		
balsamic vinegar*	drizzle	drizzle		
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)	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)	4244kJ (1014Cal)	687kJ (164Cal)
Protein (g)	66.5g	10.8g
Fat, total (g)	33.8g	5.5g
- saturated (g)	15.2g	2.5g
Carbohydrate (g)	107.3g	17.4g
- sugars (g)	21.6g	3.5g
Sodium (mg)	1623mg	263mg

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

- 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 saucy 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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