



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

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Orecchiette



Brown Onion



Garlic



Panko Breadcrumbs



Diced Bacon



Tomato Paste



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Light Cooking Cream



Parmesan Cheese



Baby Spinach Leaves



Apple



Chicken Breast

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

Eat Me Early\*  
\*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.

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

### 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
<b>olive oil*</b>	refer to method	refer to method
orecchiette	1 medium packet	2 medium packets
brown onion	½	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
<b>balsamic vinegar*</b>	drizzle	drizzle
chicken breast**	1 medium packet	2 medium 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)	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](https://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



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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** (¼ cup for 2 people / ½ 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.

3



## 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.

2



## 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!

4



## 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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