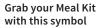


Creamy Bacon & Cheese Fettuccine with Pear & Spinach Salad















Light Cooking

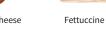


Chicken Stock





Cheddar Cheese





Diced Bacon





Baby Spinach Leaves



Prep in: 25-35 mins Ready in: 30-40 mins

There's a lot to love about this rich bowl of pasta, from the crisp bacon to the meaty mushrooms and gooey Cheddar. With plenty of greens to balance things out, this is our kind of dinner - and the kind of recipe that will get the kids in the kitchen!



Eat Me Early

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
pear	1/2	1	
honey*	½ tsp	1 tsp	
balsamic vinegar*	drizzle	drizzle	
egg*	1	2	
light cooking cream	1 medium packet	1 large packet	
chicken stock pot	1 packet	2 packets	
Cheddar cheese	1 medium packet	1 large packet	
fettuccine	1 medium packet	2 medium packets	
diced bacon	1 medium packet	1 large packet	
sliced mushrooms	1 medium packet	1 large packet	
baby spinach leaves	1 large packet	2 large packets	
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)	3279kJ (784Cal)	918kJ (219Cal)
Protein (g)	29.8g	8.3g
Fat, total (g)	39.3g	11g
- saturated (g)	17g	4.8g
Carbohydrate (g)	74.8g	20.9g
- sugars (g)	12g	3.4g
Sodium (mg)	1362mg	381mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3993kJ (954Cal)	765kJ (183Cal)
Protein (g)	66.4g	12.7g
Fat, total (g)	41.8g	8g
- saturated (g)	17.8g	3.4g
Carbohydrate (g)	75g	14.4g
- sugars (g)	12g	2.3g
Sodium (mg)	1433mg	274mg

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.
- · Finely chop garlic.
- Thinly slice pear (see ingredients) into wedges.
- In a medium bowl, combine the honey with a drizzle of balsamic vinegar and olive oil.
 Season with salt and pepper. Set aside.

Little cooks: Take charge by combining the ingredients for the salad dressing!

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



Cook the bacon & mushrooms

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook diced bacon, breaking up with a spoon, until crisp, 5-6 minutes.
- Add sliced mushrooms and cook, stirring, until softened, 5-6 minutes.
- Add garlic and cook until fragrant, 1 minute.
- Add half the baby spinach leaves and cook until wilted slightly, 1 minute.

Custom Recipe: Before cooking the diced bacon, heat a large frying pan with drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer chicken to a bowl.



Make the creamy sauce

- Separate egg yolk from the egg white.
- In a second medium bowl, combine the egg yolk, light cooking cream, chicken stock pot and Cheddar cheese. Season with pepper, then whisk with a fork. Set aside.

TIP: Using just egg yolk in this recipe makes the sauce thick and rich!

Little cooks: Have a crack at separating the egg yolk from the egg white! You can also help whisk the ingredients for the sauce.



Cook the pasta

- Cook fettuccine in the boiling water until 'al dente', 9 minutes.
- Reserve some pasta water (1/4 cup for 2 people / 1/2 cup for 4 people), then drain pasta and return to pan.

Little cooks: Older kids, help add the pasta to the saucepan under adult supervision. Be careful, the water is boilina!



Bring it all together

- · Reduce heat to medium.
- Add cooked fettuccine and creamy sauce to the pan and cook, tossing, until pasta is coated and sauce is heated through, 2 minutes (if the sauce is a little too thick, add a splash of the reserved pasta water).
- Season, then remove from heat.

TIP: If your frying pan isn't big enough, toss everything together in the saucepan!

Custom Recipe: Return cooked chicken to pan with cooked fettuccine.



Serve up

- To the dressing, add pear and remaining spinach. Toss to combine.
- Divide creamy bacon and cheese fettuccine between bowls. Enjoy!

Custom Recipe: Divide creamy chicken, bacon and cheese fettuccine between bowls.

Rate your recipe

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.com.au/rate