



Creamy Bacon & Cheese Fettuccine

with Pear & Spinach Salad

Grab your Meal Kit with this symbol



Garlic



Pear



Light Cooking Cream



Chicken Stock Pot



Cheddar Cheese



Fettuccine



Diced Bacon



Sliced Mushrooms



Baby Spinach Leaves



Chicken Breast

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

Eat Me Early

There's a lot to love about this rich bowl of pasta, from the crisp bacon to the meaty mushrooms and goey 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!

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

Pantry items

Olive Oil, Honey, Balsamic Vinegar, Egg

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
garlic	2 cloves	4 cloves
pear	½	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)	3335kJ (797Cal)	772kJ (185Cal)
Protein (g)	31.5g	7.3g
Fat, total (g)	39.6g	9.2g
- saturated (g)	17g	3.9g
Carbohydrate (g)	74.8g	17.3g
- sugars (g)	12g	2.8g
Sodium (mg)	1369mg	317mg
Dietary fibre (g)	7.9g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4048kJ (967Cal)	678kJ (162Cal)
Protein (g)	68.1g	11.4g
Fat, total (g)	42.1g	7g
- saturated (g)	17.8g	3g
Carbohydrate (g)	75g	12.6g
- sugars (g)	12g	2g
Sodium (mg)	1440mg	241mg
Dietary fibre (g)	8.1g	1.4g

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.



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.



Cook the pasta

- Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ 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 boiling!



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.

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