



# Creamy Bacon & Mushroom Penne

with Cherry Tomato Salad & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Penne



Diced Bacon



Sliced Mushrooms



Garlic Paste



Italian Herbs



Light Cooking Cream



Vegetable Stock Powder



Parmesan Cheese



Baby Spinach Leaves



Snacking Tomatoes



Carrot



Mixed Salad Leaves



Chicken Breast

Prep in: 10-20 mins  
Ready in: 15-25 mins

Eat Me Early

The best part about tonight's pasta dish, apart from the bacon? You'll throw it together in four simple steps that will see dinner on the table before you know it. Oh and the mushrooms are a great addition. And the juicy tomato salad. Okay we'll stop now!

**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
penne	1 medium packet	2 medium packets
diced bacon	1 medium packet	1 large packet
sliced mushrooms	1 medium packet	1 large packet
garlic paste	1 medium packet	2 medium packets
Italian herbs	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
snacking tomatoes	1 medium packet	2 medium packets
carrot	1	2
<b>balsamic vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
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)	2785kJ (666Cal)	634kJ (152Cal)
Protein (g)	27g	6.1g
Fat, total (g)	27g	6.1g
- saturated (g)	13.7g	3.1g
Carbohydrate (g)	74.5g	17g
- sugars (g)	10.4g	2.4g
Sodium (mg)	1293mg	294mg
Dietary Fibre (g)	8.7g	2g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3501kJ (837Cal)	579kJ (138Cal)
Protein (g)	63.7g	10.5g
Fat, total (g)	29.5g	4.9g
- saturated (g)	14.5g	2.4g
Carbohydrate (g)	74.7g	12.4g
- sugars (g)	10.4g	1.7g
Sodium (mg)	1363mg	226mg
Dietary Fibre (g)	8.8g	1.5g

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



1



## Cook the pasta

- Boil the kettle. Half-fill a medium saucepan with the boiled water and heat over a high heat. Add a pinch of **salt**, then bring to the boil.
- Cook **penne** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / ⅓ cup for 4 people), then drain **pasta** and return to saucepan.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.

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

3



## Finish the pasta sauce

- Add **light cooking cream**, **reserved pasta water** and **vegetable stock powder** to the pan and cook, stirring, until heated through, **30 seconds**.
- Add **cooked penne**, **Parmesan cheese** and **baby spinach leaves**. Cook, tossing, until spinach is just wilted, **1-2 minutes**.
- Remove from heat. Season with **pepper**.

**Custom Recipe:** Return cooked chicken to pan with cooked penne.

2



## Start the pasta sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon** and **sliced mushrooms**, breaking bacon up with a spoon, until browned, **3-4 minutes**.
- Add **garlic paste** and **Italian herbs** and cook until fragrant, **1 minute**.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. Before cooking the bacon, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate. Continue as above.

4



## Serve up

- Halve **snacking tomatoes**. Grate **carrot**.
- In a large bowl, combine a drizzle of the **balsamic vinegar** and **olive oil**. Season, then add **mixed salad leaves**, carrot and snacking tomatoes. Toss to combine.
- Divide creamy bacon and herb penne between bowls.
- Serve with tomato salad. Enjoy!

**Custom Recipe:** Divide creamy chicken, bacon and herb penne between bowls to serve.

## Rate your recipe

Did we make your tastebuds happy?

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