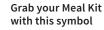


# Creamy Bacon & Mushroom Penne

with Cherry Tomato Salad & Parmesan

KID FRIENDLY











Sliced Mushrooms



Garlic Paste





**Light Cooking** 

Cream

Italian Herbs



Vegetable Stock Powder



Parmesan Cheese



**Baby Spinach** Leaves



**Snacking Tomatoes** 



Carrot



Leaves





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

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



Eat Me Early

the table before you know it. Oh and the mushrooms are a great addition. And the juicy tomato salad. Okay we'll stop now!

## 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
refer to method	refer to method
1 medium packet	2 medium packets
1 medium packet	1 large packet
1 medium packet	1 large packet
1 medium packet	2 medium packets
1 medium sachet	1 large sachet
1 medium packet	1 large packet
1 medium sachet	1 large sachet
1 medium packet	1 large packet
1 medium packet	1 large packet
1 medium packet	2 medium packets
1	2
drizzle	drizzle
1 small packet	1 medium packet
1 medium packet	2 medium packets OR 1 large packet
	refer to method 1 medium packet 1 medium packet 1 medium packet 1 medium packet 1 medium sachet 1 medium 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	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 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





## 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** (1/3 cup for 2 people / 1/3 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!



## 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.



# 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.



## 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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