



Quick Saucy Tomato Bacon Orecchiette

with Garlic Pangrattato & Apple Salad

KID FRIENDLY

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
olive oil*	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
balsamic vinegar*	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
Dietary Fibre (g)	11.6g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4246kJ (1015Cal)	687kJ (164Cal)
Protein (g)	66.5g	10.8g
Fat, total (g)	33.8g	5.5g
- saturated (g)	15.2g	2.5g
Carbohydrate (g)	107.2g	17.3g
- sugars (g)	21.6g	3.5g
Sodium (mg)	1622mg	262mg
Dietary Fibre	11.7g	1.9g

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



1



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!

Custom Recipe: Divide saucy tomato chicken and bacon orecchiette between bowls.

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