

Italian Bacon & Roast Veggie Fusilli

with Fetta & Baby Spinach

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

39



Garlic



Capsicum



Red Onion



Zucchini



Garlic & Herb Seasoning



Fusilli



Diced Bacon



Tomato Paste



Diced Tomatoes with Onion & Garlic



Baby Spinach Leaves



Fetta Cubes



Chicken Breast



Diced Bacon

Prep in: 15-25 mins
Ready in: 35-45 mins

Bacon and roast capsicum are the key players in the red sauce for tonight's pasta. Together they offer a 'just right' ratio of umami and sweet flavours, which the fusilli slurps up wonderfully. Make it even better with some crumbled fetta and dinner is served!

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
capsicum	1	2
red onion	1	2
zucchini	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
fusilli	1 medium packet	2 medium packets
diced bacon	1 medium packet	1 large packet
tomato paste	1 medium packet	2 medium packets
diced tomatoes with onion & garlic	½ packet	1 packet
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
baby spinach leaves	1 small packet	1 medium packet
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3156kJ (754Cal)	434kJ (104Cal)
Protein (g)	31.3g	4.3g
Fat, total (g)	23.5g	3.2g
- saturated (g)	12.2g	1.7g
Carbohydrate (g)	99.2g	13.6g
- sugars (g)	29.5g	4.1g
Sodium (mg)	1652mg	227mg
Dietary Fibre (g)	12.9g	1.8g

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.

1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Finely chop **garlic**. Roughly chop **capsicum**. Slice **red onion** into thick wedges. Slice **zucchini** into half-moons.
- Place **capsicum, onion** and **zucchini** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

Little cooks: Help with sprinkling over the seasoning!

3



Finish the sauce

- Add **diced tomatoes with onion & garlic (see ingredients)**, the **brown sugar, butter** and **reserved pasta water** to the frying pan. Cook until slightly reduced, **2-3 minutes**.
- Add **cooked pasta, roasted veggies** and the **baby spinach leaves**. Stir to combine. Season to taste.

2



Cook the fusilli

- Meanwhile, cook **fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / ¾ cup for 4 people), then drain **pasta** and return to saucepan. Drizzle with a little **olive oil** to prevent sticking.
- When the roast veggies have **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **diced bacon**, breaking up with a spoon, until golden, **5-6 minutes**.
- Add **garlic** and **tomato paste** and cook until fragrant, **1 minute**.

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

4



Serve up

- Divide Italian bacon and roast veggie fusilli between bowls.
- Crumble over **fetta cubes** to serve. Enjoy!

Little cooks: Add the finishing touch by crumbling over the fetta cubes.

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Thinly slice into strips. Before cooking sauce, cook chicken breast, 4-6 minutes. Continue with recipe.

+ DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

