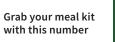


Creamy Bacon & Mushroom Fusilli

with Cherry Tomato Salad & Parmesan

HELLOHERO

KID FRIENDLY















Sliced Mushrooms Garlic Paste





Light Cooking

Cream

Italian Herbs



Parmesan Cheese





Snacking Tomatoes





Mixed Salad Leaves



Recipe Update We've replaced the penne in this recipe with fusilli due to local ingredient availability. It'll be just as delicious, just follow your

recipe card!



Carrot

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

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 · 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 packet	2 packets
1 medium sachet	1 large sachet
1 medium packet	1 large packet
1/4 tsp	½ tsp
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
	refer to method 1 medium packet 1 medium packet 1 medium packet 1 packet 1 medium sachet 1 medium packet

*Pantry Items **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2784kJ (665cal)	283kJ (68cal)
Protein (g)	27.2g	2.8g
Fat, total (g)	26.9g	2.7g
- saturated (g)	13.6g	1.4g
Carbohydrate (g)	74.5g	7.6g
- sugars (g)	10.4g	1.1g
Sodium (mg)	1292mg	131.2mg
Dietary Fibre (g)	8.7g	0.9g
Sodium (mg)	1292mg	131.2mg

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.



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 fusilli in the boiling water until 'al dente', 12 minutes.
- Reserve some pasta water (1/3 cup for 2 people / 2/3 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 the salt to the pan and cook, stirring, until heated through, 30 seconds.
- Add cooked fusilli, Parmesan cheese and baby spinach leaves. Cook, tossing, until spinach is just wilted, 1-2 minutes.
- · Remove from heat. Season with pepper.

TIP: Add a splash of pasta water to loosen the sauce, if needed!



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.

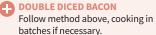


Serve up

- Thinly slice 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 tomatoes. Toss to combine.
- Divide creamy bacon and mushroom fusilli between bowls. Serve with cherry tomato salad. Enjoy!









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

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

