



Creamy Bacon & Mushroom Penne

with Capsicum Salad & Parmesan

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

20



Penne



Diced Bacon



Sliced Mushrooms



Garlic Paste



Italian Herbs



Light Cooking Cream



Parmesan Cheese



Baby Spinach Leaves



Snacking Tomatoes



Carrot



Mixed Salad Leaves



Diced Bacon



Chicken Breast

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

Eat Me First

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 capsicum salad. Okay we'll stop now!

Pantry items

Olive Oil, Balsamic Vinegar

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
olive oil*	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 packet	2 packets
Italian herbs	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
snacking tomatoes	½ packet	1 packet
carrot	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2786kJ (666cal)	336kJ (80cal)
Protein (g)	27.3g	3.3g
Fat, total (g)	26.9g	3.2g
- saturated (g)	13.7g	1.7g
Carbohydrate (g)	74.4g	9g
- sugars (g)	11.3g	1.4g
Sodium (mg)	1288mg	155.2mg
Dietary Fibre (g)	8.5g	1g

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

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1



Cook the pasta

- Boil the kettle. Half-fill a medium saucepan with the boiled water and heat over 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 / ⅔ 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.

3



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 penne**, **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!

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**.

4



Serve up

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

Little cooks: Take the lead by tossing the salad!

CUSTOM OPTIONS



DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.



ADD CHICKEN BREAST

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.

