



Green Monster Spaghetti & Bacon Hair

with Basil Pesto & Parmesan Cheese

KID'S KITCHEN

NEW

Grab your meal kit with this number

44



Spaghetti



Zucchini



Celery



Baby Spinach Leaves



Bacon



Garlic & Herb Seasoning



Light Cooking Cream



Parmesan Cheese



Basil Pesto



Bacon



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! With slurp-tastic spaghetti noodles oozing with a herby and cheesy sauce, you'll have yourself a pasta dish that is so tasty, it's scary! We like things to get a bit silly in the kitchen, so make sure to add the crispy bacon and basil pesto to turn your monster spaghetti, into a smiling assassin!

Pantry items

Olive Oil

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 medium packet	1 large packet
zucchini	1	2
celery	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
bacon	1 packet	2 packets
garlic & herb seasoning	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
basil pesto	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3371kJ (806cal)	402kJ (96cal)
Protein (g)	30.4g	3.6g
Fat, total (g)	39.5g	4.7g
- saturated (g)	13.8g	1.6g
Carbohydrate (g)	78.4g	9.3g
- sugars (g)	9.9g	1.2g
Sodium (mg)	2027mg	241.6mg
Dietary Fibre (g)	8.9g	1.1g

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.



Cook the pasta

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- Reserve **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **spaghetti**, then return to saucepan with a drizzle of **olive oil**.

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



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **celery** and **zucchini**, stirring, until tender, **3-4 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Stir in **light cooking cream**, the **salt** and **reserved pasta water**. Simmer until slightly reduced, **1-2 minutes**.

Little cooks: Help stir the ingredients!



Get prepped

- Meanwhile, grate **zucchini**.
- Finely chop **celery**.
- Roughly chop **baby spinach leaves**.

Little cooks: Under adult supervision, older kids can help grate the zucchini!



Bring it all together

- Remove pan from heat, then add **cooked spaghetti**, **spinach** and **Parmesan cheese**, tossing to combine. Season to taste with **salt** and **pepper**.



Cook the bacon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **bacon**, turning, until golden, **4-5 minutes**. Transfer to a paper towel-lined plate and cover to keep warm.



Serve up

- Thinly slice bacon into strips.
- Divide green spaghetti between bowls.
- Cut off one corner of the **basil pesto** packet and draw a fun face on the pasta.
- Assemble bacon strips as hair for the monster to serve. Enjoy!

Little cooks: Add the finishing touch by drawing faces with the pesto!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE 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.

