



Saucy Tomato Bacon Orecchiette

with Garlic Pangrattato & Apple Salad

KID FRIENDLY

Grab your meal kit with this number

2



Orecchiette



Garlic



Brown Onion



Panko Breadcrumbs



Diced Bacon



Tomato Paste



Garlic & Herb Seasoning



Light Cooking Cream



Parmesan Cheese



Baby Spinach Leaves



Apple



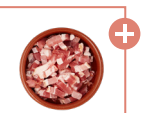
Flaked Almonds



Balsamic Vinaigrette Dressing



Chicken Breast



Diced Bacon

Pantry items

Olive Oil

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

'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.

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
orecchiette	1 medium packet	2 medium packets
garlic	3 cloves	6 cloves
brown onion	½	1
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
salt*	¼ tsp	½ tsp
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
flaked almonds	1 medium packet	1 large packet
balsamic vinaigrette dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3829kJ (915cal)	411kJ (98cal)
Protein (g)	30.4g	3.3g
Fat, total (g)	38.3g	4.1g
- saturated (g)	15.1g	1.6g
Carbohydrate (g)	108.5g	11.6g
- sugars (g)	22.6g	2.4g
Sodium (mg)	1658mg	178mg
Dietary Fibre (g)	12.4g	1.3g

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

2024 | CW41



1



Get prepped

- Boil the kettle. Fill a medium saucepan with boiling water and place over high heat. To pan, add a pinch of **salt**.
- Cook **orecchiette** in the 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.

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

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, then add **tomato paste**, **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**.
- Stir in the **salt**, **light cooking cream**, **Parmesan cheese** and **reserved pasta water**, then simmer until slightly reduced, **1-2 minutes**.
- Add **cooked orecchiette** and half the **baby spinach leaves**. Gently stir to combine and cook until wilted slightly.

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.



2



Make the garlic pangrattato

- Meanwhile, finely chop **garlic** and **brown onion** (see ingredients).
- 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 with **salt** and **pepper**.

4



Serve up

- Meanwhile, thinly slice **apple** into wedges.
- In a medium bowl, combine apple, the remaining spinach, **flaked almonds**, **balsamic vinaigrette dressing** and a drizzle of 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!