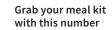


# Creamy Bacon & Zucchini Fettuccine with Truffle Oil & Rocket-Apple Salad

TAKEAWAY FAVES









Fettuccine







**Brown Onion** 

Zucchini









Chicken Stock Spinach & Rocket

Truffle Oil





Prep in: 20-30 mins Ready in: 25-35 mins



This pasta dish pairs tender zucchini and crispy bacon with an easy creamy sauce. Tossed in al dente fettuccine strands and paired with a peppery rocket and sweet apple salad, pasta night just got extra tasty.

**Pantry items** 

Olive Oil, Butter, Balsamic Vinegar, Honey

## 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
fettuccine	1 medium packet	2 medium packets
apple	1	2
brown onion	1/2	1
zucchini	1	2
butter*	20g	40g
diced bacon	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
chicken stock pot	1 small packet	1 medium packet
balsamic vinegar*	1½ tsp	3 tsp
honey*	½ tsp	1 tsp
spinach & rocket mix	½ medium packet	1 medium packet
truffle oil	drizzle	drizzle
* Dantos Itama		

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3608kJ (747cal)	<b>747kJ</b> (155cal)
Protein (g)	23.1g	4.8g
Fat, total (g)	46.8g	9.7g
- saturated (g)	18.8g	3.9g
Carbohydrate (g)	83.7g	17.3g
- sugars (g)	21.7g	4.5g
Sodium (mg)	1006mg	208.3mg
Dietary Fibre (g)	9g	1.9g

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 fettuccine in boiling water until 'al dente', 9 minutes.
- While the pasta is cooking, thinly slice apple. Finely chop brown onion. Slice zucchini into half-moons.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain, then return **pasta** to the saucepan. Drizzle with **olive oil** to prevent sticking.

TIP:'Al dente' means the pasta is cooked through but still has a bit of firmness in the middle.



#### Toss the salad

- In a medium bowl, combine the balsamic vinegar, honey and olive oil (2 tsp for 2 people / 1 tbs for 4 people). Season with salt and pepper and
- Just before serving, add apple and spinach & rocket mix (see ingredients) and toss to coat.



#### Make the sauce

- While the pasta is cooking, in a large frying pan, heat the **butter** and a drizzle of olive oil over high heat. Add diced bacon, onion and zucchini and cook, stirring occasionally, until well browned, 5-6 minutes.
- Reduce frying pan heat to low, then add light cooking cream and chicken **stock pot**, stirring to combine. Simmer until thickened, **2-3 minutes**.
- Add cooked fettuccine and a splash of the reserved pasta water to the pan, tossing to combine. Remove pan from heat, then add a splash more reserved pasta water, if needed. Season to taste with salt and pepper.



## Finish & serve

- Divide creamy bacon and zucchini fettuccine between bowls.
- · Drizzle with some of the truffle oil.
- Serve with the rocket-apple salad. Enjoy!

TIP: Truffle has a strong flavour, if you're not a fan, serve the pasta without it.



