



Creamy Bacon & Zucchini Fettuccine

with Truffle Oil & Rocket-Apple Salad

TAKEAWAY FAVES

Grab your meal kit with this number

3



Fettuccine



Apple



Brown Onion



Zucchini



Diced Bacon



Light Cooking Cream



Chicken Stock Pot



Spinach & Rocket Mix



Truffle Oil



Parmesan Cheese



Diced Bacon

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

Eat Me First

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	½	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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3608kJ (747cal)	747kJ (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.

1



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** (¼ cup for 2 people / ½ 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.

3



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 mix well.
- Just before serving, add **apple** and **spinach & rocket mix** (see ingredients) and toss to coat.

2



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**.

4



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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



CUSTOM OPTIONS

+ **ADD PARMESAN CHEESE**
Sprinkle over before serving.

+ **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.

