



Bacon & Cheddar Pasta Bake

with Sautéed Veggies

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Fusilli



Carrot



Green Beans



Diced Tomatoes With Garlic & Onion



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Diced Bacon



Light Cooking Cream



Shredded Cheddar Cheese



Garlic Paste



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

In this family-friendly pasta bake, spiral-shaped fusilli is perfect for holding onto the creamy tomato and bacon-studded sauce. The gooey Parmesan is the cherry on top, while the crisp sautéed veggies offer extra texture and work to balance out the richness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 medium packet	1 large packet
carrot	1	2
green beans	1 medium bag	1 large bag
diced bacon	1 packet (90g)	1 packet (180g)
diced tomatoes with garlic & onion	1 box	2 boxes
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3819kJ (913Cal)	602kJ (144Cal)
Protein (g)	29.7g	4.7g
Fat, total (g)	44.5g	7g
- saturated (g)	21.7g	3.4g
Carbohydrate (g)	95.6g	15.1g
- sugars (g)	25.1g	4g
Sodium (mg)	2409mg	380mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4579kJ (1094Cal)	573kJ (137Cal)
Protein (g)	62.9g	7.9g
Fat, total (g)	49.7g	6.2g
- saturated (g)	23.3g	2.9g
Carbohydrate (g)	95.6g	12g
- sugars (g)	25.1g	3.1g
Sodium (mg)	2497mg	313mg

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



Cook the fusilli

- Bring a large saucepan of salted water to the boil.
- Cook **fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people). Drain and return to the saucepan. Drizzle with **olive oil** to prevent sticking.

Little cooks: Older kids, help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



Finish the pasta bake

- Preheat grill to high.
- To the pan with **bacon**, stir in **diced tomatoes with garlic & onion, garlic & herb seasoning, chicken-style stock powder**, reserved **pasta water** and **light cooking cream**.
- Simmer until slightly thickened, **2-3 minutes**.
- Stir through cooked **fusilli** and the **butter**. Season to taste.
- Transfer to a baking dish. Sprinkle with **shredded Cheddar cheese**. Grill until the cheese is melted and golden, **5-7 minutes**.

Little cooks: Add the finishing touch by sprinkling the cheese on top.



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Trim **green beans**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.



Cook the veggies

- While pasta bake is grilling, wipe out frying pan and return to a medium-high heat with a drizzle of **olive oil**.
- Cook **green beans** and **carrot**, tossing until tender, **4-6 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.



Start the pasta bake

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon**, breaking **bacon** up with a spoon, until golden, **4-6 minutes**.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken and diced bacon, breaking bacon up with a spoon, until golden, 6-7 minutes.



Serve up

- Divide bacon and Cheddar pasta bake between bowls.
- Serve with the sautéed veggies. Enjoy!

Rate your recipe

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