

# Grab your Kit

# 1. Cook the pasta

Boil the kettle. Pour boiling water into a saucepan over high heat with a pinch of salt. Cook orecchiette in boiling water until 'al dente', 8 minutes. Drain and return to pan. Drizzle with a little olive oil to prevent sticking.

# 2. Get prepped

3. Serve up

to serve.

To the pasta, add bacon, tomatoes, spinach, corn, creamy pesto dressing and basil pesto. Toss to combine. Season to taste. Divide pasta salad between bowls. Refrigerate until ready

Meanwhile, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **diced bacon**, breaking up with a spoon, until just golden, **4-6 minutes**. Halve **snacking tomatoes**. Roughly chop **baby spinach leaves**. Drain **sweetcorn**.

### **Nutrition Information**

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	4198kJ	960kJ
	(1003Cal)	(229Cal)
Protein (g)	29.6g	6.8g
Fat, total (g)	62.3g	14.2g
- saturated (g)	10.2g	2.3g
Carbohydrate (g)	75.5g	17.3g
- sugars (g)	6.8g	1.6g
Sodium (g)	1413mg	323mg

The quantities provided above are averages only.

#### **Allergens**

First up!

Olive Oil\*

Orecchiette

Diced Bacon Snacking

Tomatoes

Sweetcorn

Dressing

Basil Pesto

\*Pantry Items

Leaves

Baby Spinach

Creamy Pesto

Ingredients

Wash your hands and any

fresh foods before you start.

refer to method

1 medium

packet

1 packet

1 punnet

1 packet

1 medium

(100g)

packet

1 medium bag

1 medium tin

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!

If you have any questions or concerns, please contact us a hellofresh.com.au/contact 2022 | CW44

