

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. Cook the bacon

Meanwhile, in a large frying pan heat a drizzle of olive oil 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.

3. Serve up

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

Allergens

hellofresh.com.au/foodinfo for allergen

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First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people	
Olive Oil*	Refer to method	
Orecchiette	1 medium packet	
Diced Bacon	1 packet (180g)	
Snacking Tomatoes	1 punnet	
Baby Spinach Leaves	1 medium bag	
Sweetcorn	1 tin	
Creamy Pesto Dressing	1 packet (100g)	
Basil Pesto *Pantry Items	1 medium packet	

Nutrition Information		
AVG QTY	PER SERVING	PER 100g
Energy (kJ)	4193kJ	958kJ
	(1002Cal)	(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.

ON THE MENU

With delicious options for every occasion from breakfast to dinner, HelloFresh has you covered for every meal of the day.



Treat yourself

our Pineapple Upside Down



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Choc Chip Protein Cookie



Balsamic Vinegar & Sea Salt Vege Crackers



Raspberry Lemonade Kombucha



Sweetcorn & Spring Onion Fritter Bites

Plan your menu!

