



Grab your Kit



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 (125g) | |
| Basil Pesto | 1 medium packet | |
| Creamy Pesto Dressing *Pantry Items | 1 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.

Allergens

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 mins. Drain and return to pan. Drizzle with a little olive oil to prevent sticking.

2. Cook the bacon

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

3. Serve up

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

We're here to help!

concerns, please contact us at hellofresh.com.au/contact







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





Shop the range!

Get more in your HelloFresh box with our delicious range of snacks, fruit, desserts and drinks.



Choc Chip Protein Cookie



Balsamic Vinegar & Sea Salt Vege Crackers



Raspberry Lemonade Kombucha



Sweetcorn & Spring Onion Fritter Bites

Plan your menu!

Scan the QR code below and add something special to your next box!

