



Creamy Bacon & Basil Pesto Fusilli

with Tossed Salad & Shaved Parmesan

NEW KID FRIENDLY CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Carrot



Garlic



Fusilli



Garlic & Herb Seasoning



Mixed Salad Leaves



Diced Bacon



Light Cooking Cream



Basil Pesto



Shaved Parmesan Cheese



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early*
**Custom Recipe only*

The only way to improve the age-old family favourite, pesto pasta, is to add some crispy bacon and sharp Parmesan. With oh-so-many textures and well-loved flavours, this dish is sure to please the whole table!

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

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
garlic	3 cloves	6 cloves
carrot	1	2
fusilli	1 medium packet	1 large packet
diced bacon	1 packet (90g)	1 packet (180g)
butter*	20g	40g
light cooking cream	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
basil pesto	1 packet (50g)	2 packets (100g)
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 small bag	1 medium bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3727kJ (891Cal)	860kJ (206Cal)
Protein (g)	27.6g	6.4g
Fat, total (g)	48.2g	11.1g
- saturated (g)	20.6g	4.8g
Carbohydrate (g)	82.6g	19.1g
- sugars (g)	14.8g	3.4g
Sodium (mg)	1252mg	289mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4487kJ (1072Cal)	750kJ (179Cal)
Protein (g)	60.9g	10.2g
Fat, total (g)	53.5g	8.9g
- saturated (g)	22.2g	3.7g
Carbohydrate (g)	82.6g	13.8g
- sugars (g)	14.8g	2.5g
Sodium (mg)	1340mg	224mg

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

2022 | CW50



Get prepped

- Bring a medium saucepan of salted water to the boil.
- Thinly slice **cucumber** into rounds. Finely chop **garlic**. Grate **carrot**.

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



Finish the sauce

- Remove pan from heat, then stir through **basil pesto** and **cooked pasta**. Season to taste and set aside.

Custom Recipe: Stir through chicken along with the cooked pasta.



Cook the fusilli

- Cook **fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return **pasta** to the saucepan. Drizzle with a little **olive oil** to prevent sticking and cover to keep warm.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

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



Make the salad

- In a large bowl, combine the **balsamic vinegar** and a drizzle of **olive oil**. Season, then add **mixed salad leaves, cucumber** and **carrot**. Toss to coat.

Little cooks: Take the lead by tossing the salad!



Start the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon**, breaking it up with a spoon, until golden, **4-5 minutes**.
- Add **garlic** and the **butter** and cook until fragrant, **1-2 minutes**.
- Stir in **light cooking cream, garlic & herb seasoning** and reserved **pasta water**. Season with **pepper** and cook until slightly reduced, **2-3 minutes**.

Custom Recipe: Before cooking diced bacon, bring a frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when it's no longer pink inside), 5-6 minutes. Transfer to a bowl.



Serve up

- Divide creamy bacon and pesto fusilli between bowls.
- Sprinkle with **shaved Parmesan cheese**.
- Serve with salad. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.

Rate your recipe

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