

Creamy Bacon Carbonara

with Pear Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Spaghetti



Cherry/Snacking Tomatoes



Pear



Mixed Salad Leaves



Grated Parmesan Cheese



Light Cooking Cream



Chicken Stock Pot



Diced Bacon

 **Recipe Update**

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **20-30** mins
Ready in: **30-40** mins

Rules were made to be broken, right? So, we've gone ahead and added cream to our carbonara for a creamier take on the classic dish.

Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic), Honey

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	2 cloves	4 cloves
spaghetti	1 medium packet	1 large packet
egg*	1	2
grated Parmesan cheese	3 packets (90g)	6 packets (180g)
light cooking cream	1 medium packet	1 large packet
chicken stock pot	1 packet (20g)	1 packet (40g)
vinegar* (white wine or balsamic)	1 tsp	2 tsp
honey*	¼ tsp	½ tsp
diced bacon	1 packet (180g)	2 packets (360g)
cherry/snacking tomatoes	½ punnet	1 punnet
pear	½	1
mixed salad leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3779kJ (903Cal)	816kJ (195Cal)
Protein (g)	47.5g	10.3g
Fat, total (g)	43.2g	9.3g
- saturated (g)	19.7g	4.3g
Carbohydrate (g)	76g	16.4g
- sugars (g)	13.5g	2.9g
Sodium (mg)	2059mg	445mg

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.

1



Get prepped

- Bring a large saucepan of salted water to the boil.
- Thinly slice **brown onion** (see ingredients).
- Finely chop **garlic**.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

2



Cook the spaghetti

- Cook **spaghetti** in the boiling water, stirring regularly, until 'al dente', **9 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain **pasta** and return to saucepan.

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

3



Make the sauce & dressing

- While the pasta is cooking, crack the **egg** into a medium bowl, then whisk with a fork.
- To the bowl with the egg, add **grated Parmesan cheese** (reserve some for garnish!), **light cooking cream**, **chicken stock pot** and a generous pinch of **pepper**. Mix well. Set aside.
- In a medium bowl, combine the **vinegar**, the **honey** and some **olive oil** (2 tsp for 2 people / 1 tbs for 4 people). Set aside.

Little cooks: Take charge by combining the ingredients for the sauce and the dressing!

4



Cook the bacon & veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon**, breaking up with a spoon, until golden, **6-7 minutes**.
- Add **onion** and cook until softened and fragrant, **2-4 minutes**.
- Add a drizzle more **olive oil** if needed, then add **garlic** and cook until fragrant, 1 minute.

5



Bring it all together

- Add **spaghetti** to the pan, tossing to coat.
- Remove pan from heat (to ensure the eggs don't scramble!). Add **carbonara sauce** and some reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Mix well to combine.
- Season with **salt** and **pepper** to taste. Set aside.

TIP: If the sauce looks too thick, add a splash more pasta water until the sauce is creamy and silky.

6



Serve up

- Halve **cherry tomatoes** (see ingredients). Thinly slice **pear** (see ingredients) into wedges. To the bowl with the dressing, add the pear, tomatoes **mixed salad leaves**, tossing to coat.
- Divide creamy bacon carbonara between bowls. Sprinkle with reserved Parmesan.
- Serve with pear salad. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the reserved Parmesan!

We're here to help!

Scan here if you have any questions or concerns

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