



Easy Creamy Bacon & Herb Penne

with Cherry Tomato Salad & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Penne



Zucchini



Italian Herbs



Vegetable Stock Powder



Snacking Tomatoes



Carrot



Mixed Salad Leaves



Diced Bacon



Garlic Paste



Light Cooking Cream



Grated Parmesan Cheese



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: 10-20 mins
Ready in: 15-25 mins

The best part about tonight's pasta dish, apart from the bacon? You'll throw it together in four simple steps that will see dinner on the table before you know it. The kids can lend a hand too — keep an eye out for our 'Little cooks' tips!

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

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
penne	1 medium packet	1 large packet
zucchini	1	2
diced bacon	1 packet (90g)	1 packet (180g)
garlic paste	1 packet	2 packets
Italian herbs	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet (30g)	2 medium packets (60g)
snacking tomatoes	½ punnet	1 punnet
carrot	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2810kJ (672Cal)	700kJ (167Cal)
Protein (g)	26.1g	6.5g
Fat, total (g)	27.1g	6.8g
- saturated (g)	13.8g	3.4g
Carbohydrate (g)	76.6g	19.1g
- sugars (g)	12.4g	3.1g
Sodium (mg)	1322mg	330mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3198kJ (764Cal)	717kJ (171Cal)
Protein (g)	33g	7.4g
Fat, total (g)	33.9g	7.6g
- saturated (g)	16.3g	3.7g
Carbohydrate (g)	77.4g	17.3g
- sugars (g)	12.9g	2.9g
Sodium (mg)	1752mg	393mg

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 | CW44



1



Cook the pasta

- Boil the kettle. Pour the boiled water into a medium saucepan over high heat. Add a pinch of **salt**, then bring to the boil.
- Cook **penne** 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 **pasta** and return to pan.

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

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

3



Finish the pasta sauce

- Add **light cooking cream**, reserved **pasta water** and the **vegetable stock powder** to the pan and cook, stirring, until heated through, **30 seconds**.
- Add cooked **penne** and **grated Parmesan cheese**. Cook, tossing, **1-2 minutes**.
- Remove from heat. Season with **pepper**.

2



Start the pasta sauce

- Thinly slice **zucchini** into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon** and **zucchini**, breaking up **bacon** with a spoon, until browned, **3-4 minutes**.
- Add **garlic paste** and **Italian herbs** and cook until fragrant, **1 minute**.

Custom Recipe: If you've doubled your diced bacon, cook the bacon for an extra 2-3 minutes.

4



Serve up

- Halve **snacking tomatoes** (see ingredients). Grate **carrot**. In a large bowl, combine a drizzle of **balsamic vinegar** and olive oil. Season, then add **mixed salad leaves**, carrot and snacking tomatoes. Toss to combine.
- Divide creamy bacon and herb penne between bowls. Serve with tomato salad. Enjoy!

Little cooks: Lend a hand by combining the ingredients for the dressing, and tossing the salad!