

Creamy Bacon Orecchiette

with Veggies & Parsley

Grab your Meal Kit with this symbol



Capsicum



Carrot



Orecchiette



Baby Spinach Leaves



Chilli Flakes (Optional)



Parsley



Diced Bacon



Garlic Paste



Light Cooking Cream



Grated Parmesan Cheese



Vegetable Stock Pot

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: **15-25** mins
Ready in: **20-30** mins

Orecchiette (meaning "little ears" in Italian) are the perfect pasta shape for cradling a creamy, cheesy sauce. Complete with tender carrot, umami-rich bacon and aromatic parsley, this is one stellar pasta dish.

Pantry items

Olive Oil, Butter

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
capsicum	1	2
carrot	1	2
orecchiette	1 medium packet	1 large packet
diced bacon	1 packet (90g)	1 packet (180g)
garlic paste	1 packet	2 packets
butter*	15g	30g
light cooking cream	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
vegetable stock pot	1 packet (20g)	1 packet (40g)
baby spinach leaves	1 small bag	1 medium bag
chilli flakes (optional) 🌶️	pinch	pinch
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3122kJ (746Cal)	752kJ (180Cal)
Protein (g)	28.3g	6.8g
Fat, total (g)	34.5g	8.3g
- saturated (g)	17.7g	4.3g
Carbohydrate (g)	77g	18.5g
- sugars (g)	13.4g	3.2g
Sodium (mg)	1428mg	344mg

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.



Get prepped & cook the pasta

- Boil the kettle. Thinly slice **capsicum**. Thinly slice **carrot** into half-moons.
- Pour boiled **water** into a large saucepan over high heat with a generous pinch of **salt**. Bring to the boil, then add **orecchiette** and cook until 'al dente', **8 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 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.

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



Bring it all together

- Remove pan from heat, then add the cooked **orecchiette**.
- Toss to combine. Season to taste.

TIP: If the pasta looks dry, add a dash of the reserved pasta water!



Cook the veggies & bacon

- While the pasta is cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **capsicum**, **carrot** and **diced bacon**, breaking up bacon with a spoon, until tender, **5-6 minutes**.
- Add **garlic paste** and the **butter** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then add **light cooking cream**, **grated Parmesan cheese** and **vegetable stock pot**, stirring to combine.
- Add **baby spinach leaves**. Cook until sauce is thickened and spinach is wilted, **1-2 minutes**.



Serve up

- Divide creamy bacon orecchiette between bowls.
- Sprinkle with **chilli flakes** (if using). Tear over **parsley** leaves to serve. Enjoy!

Little cooks: Add the finishing touch by tearing over the parsley!

We're here to help!

Scan here if you have any questions or concerns



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