

Dinner - Bacon, Mushroom & Sage Pasta with Garden Salad + Kids' Dinner - Cheesy Bacon Jacket Potatoes

Grab your Meal Kit with this symbol



- Potato
- Brown Onion
- Carrot
- Garlic
- Sage
- Garlic & Herb Seasoning
- Baby Spinach Leaves
- Fettuccine
- Chilli Flakes (Optional)
- Tomato
- Mixed Salad Leaves
- Diced Bacon
- Grated Parmesan Cheese
- Light Cooking Cream
- Kids' Dinner**
- Sliced Mushrooms
- Shredded Cheddar Cheese

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!

DINNER
Prep in: **30-40** mins
Ready in: **45-55** mins
 Eat Me Early

KIDS' DINNER
Ready in: **10** mins

Enjoy one meal, two ways with our + Kids Dinner range. Cook a delicious dinner for the adults, and at the same time, create a kid-friendly meal with a simple twist. While the potatoes for the little ones bake, whip up a creamy fettuccine dish flavoured with bacon, mushroom and sage.

Pantry items
Olive Oil, Butter, Red Wine 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

Oven tray lined with baking paper · Large frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	2
brown onion	1	2
carrot	1	1
garlic	2 cloves	3 cloves
sage	1 bag	1 bag
diced bacon	1 packet (180g)	1 packet (90g) & 1 packet (180g)
garlic & herb seasoning	1 large sachet	2 large sachets
baby spinach leaves	1 small bag	1 small bag
light cooking cream	1 medium & 1 large packet	1 medium & 2 large packets
fettuccine	1 medium packet	1 large packet
sliced mushrooms	1 medium packet	1 large packet
butter*	20g	40g
chilli flakes (optional) 🌶️	pinch	pinch
tomato	2	3
red wine vinegar*	drizzle	drizzle
mixed salad leaves	2 small bags	1 small & 1 medium bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
shredded Cheddar cheese	1 medium packet	1 medium packet

*Pantry Items

Nutrition

Dinner	Avg Qty	Per Serving	Per 100g
Energy (kJ)		3800kJ (907Cal)	716kJ (171Cal)
Protein (g)		30.1g	5.7g
Fat, total (g)		52.6g	9.9g
- saturated (g)		30.4g	5.7g
Carbohydrate (g)		81.1g	15.3g
- sugars (g)		13.2g	2.5g
Sodium (g)		1020mg	193mg

Kids Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2040kJ (487Cal)	390kJ (93Cal)
Protein (g)	20.1g	3.8g
Fat, total (g)	32.5g	6.2g
- saturated (g)	18.0g	3.4g
Carbohydrate (g)	29.3g	5.6g
- sugars (g)	10.8g	2.1g
Sodium (mg)	936mg	179mg

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](https://www.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 | CW24



1



Dinner

Bake the potato & get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Cut each **potato** in half. Place, cut-side down, on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until crisp and tender, **40-45 minutes**.
- Meanwhile, finely chop **brown onion**. Grate the **carrot**. Finely chop **garlic**. Pick and finely slice **sage**.

4



Cook the pasta sauce

- While pasta is cooking, wipe out frying pan, then return to high heat with a drizzle of **olive oil**.
- Cook **sliced mushrooms**, the **butter** and remaining **onion** and **bacon**, stirring regularly, until bacon is lightly browned and veggies are just tender, **5-7 minutes**.
- Add **garlic**, **sage** and some **garlic & herb seasoning** (1/2 a sachet for 2P / 1 sachet for 4P). Cook until fragrant, **1 minute**.
- Add **pasta water**, a pinch of **chilli flakes** (if using) and remaining **cooking cream**. Cook until slightly thickened, **1-2 minutes**.
- Remove from heat. Stir in **fettuccine** until combined. Season.

2



Cook the topping

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook 1/2 the **onion** and 1/2 the **diced bacon**, breaking up with a spoon, until golden, **4-6 minutes**.
- Add **carrot** and some **garlic & herb seasoning** (1/2 a sachet). Cook until softened, **1-2 minutes**.
- Stir in **baby spinach leaves** and some **light cooking cream** (1 medium packet) until bubbling, **30 seconds**. Season to taste. Transfer to a bowl.

5



Serve the adults' dinner

- While the sauce is cooking, cut some **tomato** into wedges (1 tomato for 2 people / 2 tomatoes for 4 people).
- In a medium bowl, combine **tomato**, some **mixed salad leaves** (1 small bag for 2 people / 1 medium bag for 4 people) and a drizzle of **red wine vinegar** and **olive oil**. Season, then toss to coat.
- Divide bacon, mushroom and sage pasta between bowls. Top with **grated Parmesan cheese**. Serve with garden salad.

3



Cook the pasta

- While the onion and bacon are cooking, bring a large saucepan of salted water to the boil.
- Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain **pasta**, then return to the pan.

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

6



Kids' Dinner

Serve up

- When you're ready to pack the kids' dinner, divide potatoes and topping between two microwave-safe containers. Sprinkle with **shredded Cheddar cheese**, then refrigerate.
- When ready to serve, microwave cheesy bacon jacket potatoes in **30 second** bursts, until heated through.
- Meanwhile, roughly chop remaining tomato. In a medium bowl, combine tomato, remaining salad leaves and a drizzle of red wine vinegar and olive oil. Season, then toss to coat.
- Divide jacket potatoes between plates. Serve with salad. Enjoy!