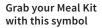


Plant-Based Cream, Bac'n & Tomato Spaghetti

with Garden Salad

ALTERNATIVE PROTEIN









Spaghetti

Snacking Tomatoes



Celery







Bacon Bits



Plant-Based



Powder

Cooking Cream



Mixed Salad Leaves



Parsley



(Optional)



Prep in: 20-30 mins Ready in: 25-35 mins

Plant Based

Plant-based goodness comes in bucketloads in this dish! Delicious plant-based bacon bits are a tasty meat alternative and when swirled into creamy PB cooking cream and herby seasoning, magic truly happens. Add some chilli flakes for a kick and a salad to cut the richness!



Olive Oil, Balsamic Vinegar

Pantry items

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

 $Large\ saucepan \cdot Large\ frying\ pan$

Ingredients

| ingi calcino | | | | |
|-------------------------------|-----------------|-----------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| spaghetti | 1 medium packet | 1 large packet | | |
| snacking tomatoes | 1 punnet | 2 punnets | | |
| celery | 1 medium bag | 1 large bag | | |
| plant-based bacon bits | 1 packet | 2 packets | | |
| garlic paste | 1 packet | 2 packets | | |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet | | |
| plant-based cooking cream | 1 packet | 2 packets | | |
| vegetable stock powder | 1 medium sachet | 1 large sachet | | |
| mixed salad leaves | 1 small bag | 1 medium bag | | |
| balsamic vinegar* | drizzle | drizzle | | |
| chilli flakes ∮ (optional) | pinch | pinch | | |
| parsley | 1 bag | 1 bag | | |
| plant-based bacon bits** | 1 packet | 2 packets | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2955kJ (706Cal) | 741kJ (177Cal) |
| Protein (g) | 26g | 6.5g |
| Fat, total (g) | 29.4g | 7.4g |
| - saturated (g) | 3.6g | 0.9g |
| Carbohydrate (g) | 79.9g | 20g |
| - sugars (g) | 7.7g | 1.9g |
| Sodium (mg) | 1481mg | 372mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3325kJ (794Cal) | 750kJ (179Cal) |
| Protein (g) | 68.5g | 9.3g |
| Fat, total (g) | 23.7g | 3.2g |
| - saturated (g) | 4.6g | 0.6g |
| Carbohydrate (g) | 44.3g | 6g |
| - sugars (g) | 26.4g | 3.6g |
| Sodium (mg) | 525mg | 71mg |

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





Cook the fusilli

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook spaghetti in the boiling water over high heat, until 'al dente',
 10 minutes.
- Reserve **pasta water** (1/3 cup for 2 people / 2/3 cups for 4 people). Drain **spaghetti**, then return to saucepan.



Bring it all together

- Reduce heat to medium-low, and add garlic paste and garlic herb seasoning, and cook until fragrant, 1 minute.
- Stir in plant-based cooking cream, reserved pasta water and vegetable stock powder, and simmer until slightly reduced, 2-3 minutes.
- Add drained spaghetti and cooked bacon, tossing to combine, 1 minute.
 Season to taste.



Get prepped

- Meanwhile, halve snacking tomatoes. Thinly slice celery.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook plant-based bacon bits, tossing, until browned, 3-4 minutes. Transfer to a bowl and set aside to rest.
- Cook tomatoes, stirring, until tender, 2-3 minutes.

Custom Recipe: If you've doubled your plant-based bacon bits, cook for an extra 2-3 minutes, then continue as above.



Toss & serve

- Meanwhile, in a medium bowl, combine celery, mixed salad leaves and a drizzle of the balsamic vinegar and olive oil. Season.
- Divide plant-based creamy bacon & cherry tomato spaghetti between bowls.
- Sprinkle over a pinch of **chilli flakes** (if using). Tear over **parsley**. Serve with garden salad. Enjoy!