



Plant-Based Cream, Bacon & Tomato Spaghetti

with Garden Salad

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Spaghetti



Snacking Tomatoes



Celery



Plant-Based Bacon Bits



Garlic Paste



Garlic & Herb Seasoning



Plant-Based Cooking Cream



Vegetable Stock Powder



Mixed Salad Leaves



Chilli Flakes (Optional)



Parsley



Plant-Based Bacon Bits

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!

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

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 · Large frying pan

Ingredients

	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



1



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.

3



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.

2



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.

4



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!

Rate your recipe

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