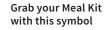


Bacon & Cherry Tomato Spaghetti with Silverbeet & Garlic Pangrattato













Cherry/Snacking Tomatoes





Spaghetti

Panko Breadcrumbs





Diced Bacon

Garlic & Herb Seasoning







Light Cooking



Vegetable Stock



Grated Parmesan Cheese



(Optional)



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

Medium saucepan with a lid \cdot Oven tray lined with baking paper \cdot Large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
silverbeet	1 medium bag	1 large bag	
garlic	1 clove	2 cloves	
cherry/snacking tomatoes	1 punnet	2 punnets	
brown sugar*	pinch	pinch	
spaghetti	1 medium packet	1 large packet	
panko breadcrumbs	½ medium packet	1 medium packet	
diced bacon	1 packet (90g)	1 packet (180g)	
garlic & herb seasoning	1 sachet	2 sachets	
light cooking cream	1 medium packet	1 large packet	
vegetable stock pot	1 packet (20g)	1 packet (40g)	
grated Parmesan cheese	1 packet (30g)	2 packets (60g)	
chilli flakes (optional)	pinch	pinch	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kj)	3442kJ (822Cal)	709kJ (169Cal)
Protein (g)	29.7g	6.1g
Fat, total (g)	31.9g	6.6g
- saturated (g)	14.4g	3g
Carbohydrate (g)	98.6g	20.3g
- sugars (g)	15.9g	3.3g
Sodium (mg)	1807mg	372mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact
2022 | CW08



Get prepped & roast the tomatoes

- Preheat oven to 220°C/200°C fan-forced. Bring a medium saucepan of salted water to the boil.
- Grate carrot. Roughly chop silverbeet. Finely chop garlic.
- Place cherry tomatoes on a lined oven tray. Drizzle with olive oil. Sprinkle with a pinch of brown sugar and salt. Roast until blistered, 15-20 minutes.



Bring it all together

- Return frying pan to a medium-high heat with a drizzle of olive oil. Cook diced bacon and carrot, breaking bacon up with a spoon, until browned,
 3-4 minutes. Add garlic & herb seasoning. Cook until fragrant, 1 minute.
- Reduce heat to medium. Stir in light cooking cream, vegetable stock pot, silverbeet, grated Parmesan cheese and 1/2 the reserved pasta water.
 Simmer until reduced slightly, 2-3 minutes.
- Stir in spaghetti, tomatoes and a splash more pasta water. Cook, stirring, until heated through, 1-2 minutes.



Cook the spaghetti & pangrattato

- While tomatoes are roasting, cook spaghetti in the boiling water until 'al dente', 10 minutes.
- Meanwhile, heat a good drizzle of olive oil in a large frying pan over a
 medium-high heat. Cook panko breadcrumbs (see ingredients) and garlic,
 stirring occasionally, until fragrant and golden brown, 3-4 minutes. Transfer
 to a small bowl. Season with salt and pepper to taste.
- When spaghetti is done, reserve some pasta water (1/2 cup for 2 people / 1 cup for 4 people), then drain spaghetti and return to saucepan. Drizzle with a little olive oil to prevent sticking. Cover to keep warm.

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



Serve up

- Season creamy bacon and cherry tomato spaghetti to taste, then divide between bowls.
- Sprinkle with garlic pangrattato and chilli flakes (if using) to serve.

Enjoy!