



Creamy Bacon & Cherry Tomato Penne

with Parmesan & Pangrattato

FAMILY FAVOURITE

KID FRIENDLY



Grab your Meal Kit with this symbol



Carrot



Cherry Tomatoes



Penne



Panko Breadcrumbs



Diced Bacon



Garlic & Herb Seasoning



Cream



Vegetable Stock Powder



Grated Parmesan Cheese



Baby Spinach Leaves



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Step up your pasta game with this failproof four-step recipe. Not just a pretty pop of colour, the roasted cherry tomatoes are the perfect accompaniment to the creamy bacon sauce, offering sweetness and acidity to balance out the richness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, 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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
cherry tomatoes	1 punnet	2 punnets
brown sugar*	pinch	pinch
balsamic vinegar*	drizzle	drizzle
penne	1 packet	2 packets
panko breadcrumbs	½ medium packet	1 medium packet
diced bacon	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet (125ml)	1 packet (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3733kJ (892Cal)	905kJ (216Cal)
Protein (g)	27.7g	6.7g
Fat, total (g)	45.3g	11g
- saturated (g)	22.8g	5.5g
Carbohydrate (g)	90.3g	21.9g
- sugars (g)	12.4g	3g
Sodium (mg)	1496mg	363mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4429kJ (1058Cal)	774kJ (184Cal)
Protein (g)	62.8g	11g
Fat, total (g)	48.3g	8.4g
- saturated (g)	23.6g	4.1g
Carbohydrate (g)	91.2g	15.9g
- sugars (g)	12.5g	2.2g
Sodium (mg)	1618mg	283mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/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

2024 | CW05



1



Roast the tomatoes

- Preheat oven to **220°C/200°C fan-forced**. Half-fill a large saucepan with **water**, add a generous pinch of **salt**, then bring to the boil.
- Grate **carrot** (see ingredients).
- Place **cherry tomatoes**, a pinch of **brown sugar** and **salt** on a lined oven tray. Drizzle with **balsamic vinegar** and **olive oil**. Toss to combine and roast until blistered and caramelised, **15-20 minutes**.

Little cooks: Under adult supervision, older kids can help grate the carrot.

3



Make the creamy sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **diced bacon** and **carrot** until browned, **3-4 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then add **cream** (see ingredients), reserved **pasta water** (¼ cup for 2 people / ½ cup for 4 people), **vegetable stock powder** and half the **grated Parmesan cheese**. Stir to combine, then simmer until reduced slightly, **2-3 minutes**.
- When the sauce is done, add cooked **penne**, **roasted tomatoes** and **baby spinach**. Stir until combined and heated through, **1-2 minutes**. Season to taste.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks. Cook chicken with the bacon until browned and cooked through, 5-6 minutes. Continue step as above.

2



Cook the penne

- Meanwhile, cook **penne** in boiling water, over high heat, until 'al dente', **12 minutes**. Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain **penne** and return to the saucepan. Drizzle with **olive oil** to prevent sticking.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **panko breadcrumbs** (see ingredients), stirring occasionally, until fragrant and just toasted, **3-4 minutes**. Season to taste. Transfer to a small bowl.

4



Serve up

- Divide creamy bacon and cherry tomato penne between bowls.
- Top with pangrattato and remaining Parmesan cheese to serve. Enjoy!

Little cooks: Add the finishing touch and sprinkle over the cheese!

Rate your recipe

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