



Creamy Mustard, Bacon & Courgette Spaghetti

with Parmesan & Apple Salad

NEW

Grab your Meal Kit with this symbol



Courgette



Apple



Spaghetti



Diced Bacon



Garlic & Herb Seasoning



Cream



Dijon Mustard



Chicken-Style Stock Powder



Baby Leaves



Mixed Salad Leaves



Grated Parmesan Cheese



Parsley



Pork Mince

Prep in: 15-25 mins
Ready in: 15-25 mins

Golden ropes of spaghetti have been coated in a rich, creamy mustard sauce with tender courgette soaking up all the flavours. Nuggets of bacon add the perfect savoury note, and with a scattering of sharp Parmesan cheese and a fresh salad, this is nothing short of a small bite of heaven.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
courgette	1	2
apple	1	2
spaghetti	1 packet	2 packets
diced bacon	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
Dijon mustard	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3588kJ (858Cal)	818kJ (196Cal)
Protein (g)	27.1g	6.2g
Fat, total (g)	45.9g	10.5g
- saturated (g)	22.8g	5.2g
Carbohydrate (g)	80.1g	18.3g
- sugars (g)	15g	3.4g
Sodium (mg)	1657mg	378mg
Dietary Fibre (g)	7.4g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4493kJ (1074Cal)	797kJ (190Cal)
Protein (g)	51.5g	9.1g
Fat, total (g)	59.2g	10.5g
- saturated (g)	27.8g	4.9g
Carbohydrate (g)	80.1g	14.2g
- sugars (g)	15g	2.7g
Sodium (mg)	1730mg	307mg
Dietary fibre	7.4g	1.3g

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the spaghetti

- Boil the kettle. Thinly slice **courgette**. Thinly slice **apple** into wedges.
- Half-fill a large saucepan with boiling water and add a generous pinch of **salt** and bring to the boil.
- Cook **spaghetti** in boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **spaghetti**, then return to saucepan.

3



Finish the sauce

- Reduce heat to medium, add **cream** (see ingredients), **Dijon mustard**, **chicken-style stock powder** and reserved **pasta water**, and simmer, stirring, until slightly reduced, **2-3 minutes**.
- Remove pan from heat, add **spaghetti** and **baby leaves** and stir until combined. Season with **pepper**.

2



Start the sauce

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Add **diced bacon** and **courgette** and cook, breaking up with a spoon, until golden, **6-7 minutes**.
- Add **garlic & herb seasoning** and cook, until fragrant, **1 minute**.

Custom Recipe: If you've added pork mince, cook along with diced bacon and courgette, breaking up mince with a spoon. Continue as above.

4



Serve up

- Meanwhile, in a large bowl, combine apple, **mixed salad leaves**, a drizzle of **vinegar** and olive oil. Season to taste.
- Divide creamy mustard, bacon and courgette spaghetti between bowls.
- Garnish with **grated Parmesan cheese** and tear over **parsley**. Serve with apple salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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