



Mushroom & Bacon Fettuccine

with Rocket & Pear Salad

HALL OF FAME

KID FRIENDLY

Grab your meal kit with this number

3



Garlic



Pear



Button Mushrooms



Fettuccine



Diced Bacon



Herb & Mushroom Seasoning



Cream



Chicken-Style Stock Powder



Spinach & Rocket Mix



Grated Parmesan Cheese



Diced Bacon



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

This fettuccine dish pairs the earthy flavours of mushrooms with an easy creamy sauce. The side salad balances the richness of the pasta with a sweet and juicy pear.

Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 |
| garlic | 2 cloves | 4 cloves |
| pear | ½ | 1 |
| button mushrooms | 1 medium packet | 1 large packet |
| fettuccine | 1 packet | 2 packets |
| butter* | 20g | 40g |
| diced bacon | 1 medium packet | 2 medium packets OR 1 large packet |
| herb & mushroom seasoning | 1 sachet | 2 sachets |
| cream | ½ packet | 1 packet |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| honey* | ½ tsp | 1 tsp |
| balsamic vinegar* | drizzle | drizzle |
| spinach & rocket mix | ½ medium packet | 1 medium packet |
| grated Parmesan cheese | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3887kJ (929Cal) | 950kJ (227Cal) |
| Protein (g) | 28.3g | 6.9g |
| Fat, total (g) | 54g | 13.2g |
| - saturated (g) | 28.3g | 6.9g |
| Carbohydrate (g) | 78.5g | 19.2g |
| - sugars (g) | 14g | 3.4g |
| Sodium (mg) | 1389mg | 340mg |
| Dietary Fibre (g) | 7.6g | 1.9g |

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.



Get prepped

- Boil the kettle.
- Finely chop **garlic**.
- Thinly slice **pear (see ingredients)** and **button mushrooms**.



Make the sauce

- Reduce heat to low and add **cream (see ingredients)**, reserved **pasta water** and **chicken-style stock powder** to the frying pan. Stir to combine and simmer until slightly thickened, **1-2 minutes**.
- Add **fettuccine** and toss to combine. Season with **pepper**.



Cook the pasta

- Half-fill a large saucepan with boiling water. Cook **fettuccine**, uncovered, over high heat until 'al dente', **9 minutes**.
- Reserve **pasta water** (½ cup for 2 people / 1 cup for 4 people), then drain and return **pasta** to the saucepan.

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



Make the salad

- In a medium bowl, combine the **honey** and a drizzle of **balsamic vinegar** and **olive oil**. Add **pear** and **spinach & rocket mix (see ingredients)** and toss to coat. Season.



Cook the bacon & mushrooms

- While the pasta is cooking, heat a large frying pan over high heat with the **butter** and a drizzle of **olive oil**. Cook **diced bacon** and **mushrooms**, stirring occasionally, until browned, **6-7 minutes**.
- Add **garlic** and **herb & mushroom seasoning** and cook until fragrant, **1 minute**.



Serve up

- Divide mushroom and bacon fettuccine between bowls and serve with rocket and pear salad.
- Sprinkle over **grated Parmesan cheese** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese on top! Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS

+ **DOUBLE DICED BACON**
Follow method above.

+ **DOUBLE GRATED PARMESAN CHEESE**
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

