

## Bacon, Mushroom & Parmesan Spaghetti with Pear Salad



Prep in: 25-35 mins Ready in: 30-40 mins Just look at how much good stuff is about to go into this dish. Between the tender mushrooms, crispy bacon and tasty Parmesan, we really don't know why you're still reading this. Get started and enjoy every bite of this perfect bowl of pasta!

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

Olive Oil, Balsamic Vinegar, Honey, Egg,

Vinegar (White Wine or Red Wine)

# 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

Large saucepan · Large frying pan

#### Ingredients

<b>•</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
portabello mushrooms	1 packet	1 packet
pear	1/2	1
balsamic vinegar*	1 tsp	2 tsp
honey*	½ tsp	1 tsp
egg*	1	2
cream	1⁄2 bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 packet (60g)	<b>2 packets</b> (120g)
chicken-style stock powder	1⁄2 sachet (2.5g)	1 sachet (5g)
spaghetti	1 packet	1 packet
diced bacon	1 packet	1 packet
baby spinach leaves	1 medium bag	1 large bag
vinegar* (white wine or red wine)	½ tbs	1 tbs
diced bacon**	1 packet	1 packet

#### \*Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3872kJ (925Cal)	894kJ (214Cal)
Protein (g)	37g	8.5g
Fat, total (g)	52.2g	12g
- saturated (g)	26.5g	6.1g
Carbohydrate (g)	71.9g	16.6g
- sugars (g)	9.4g	2.2g
Sodium (mg)	962mg	222mg
Custom Recipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4457kJ (1065Cal)	922kJ (220Cal)
Protein (g)	44.9g	9.3g
Fat, total (g)	64.3g	13.3g

rat, totat (g)	04.5g	13.Jg
- saturated (g)	30.9g	6.4g
Carbohydrate (g)	72g	14.9g
- sugars (g)	9.5g	2g
Sodium (mg)	1361mg	282mg

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!

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#### Get prepped

- Finely chop garlic. Thinly slice portabello mushrooms and pear (see ingredients).
- In a large bowl, combine the balsamic vinegar, honey and a drizzle of olive oil, then season with salt and pepper. Set aside.

Little cooks: Take the lead by combining the ingredients for the dressing.



#### Make the creamy sauce

- Separate the egg yolks from the egg whites. In a medium bowl, combine egg yolks, cream (see ingredients), grated Parmesan cheese and chicken-style stock powder (see ingredients).
- Season, whisk with a fork and set aside.

TIP: Pour the egg whites into a freezer bag or ice cube tray and save them for another recipe, like making meringues!

Little cooks: Help with whisking the egg.



## Cook the spaghetti

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat. Cook **spaghetti** in the boiling water until 'al dente', 10 minutes.
- Reserve some pasta water (1/4 cup for 2 people / 1/2 cup for 4 people), drain, then return **spaghetti** to the saucepan. Drizzle with a little olive oil to prevent sticking.

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

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



### Serve up

- Divide bacon, mushroom and Parmesan spaghetti between bowls.
- Serve with pear salad. Enjoy!

- Add mushrooms and cook until softened,
- Add garlic and 1/2 the baby spinach leaves and cook until slightly wilted, 1 minute.

Cook the bacon & mushrooms

 Meanwhile, heat a large frying pan over mediumhigh heat with a drizzle of **olive oil**. Cook **diced** 

• Reduce heat to medium, then add the vinegar and cook until evaporated, 1-2 minutes.

Custom Recipe: If you've doubled your bacon, cook for an extra 2-3 minutes!



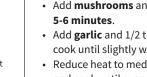
## Bring it all together

- Remove frying pan from heat. Add cooked spaghetti and creamy sauce mixture to the **bacon** and **mushrooms** and stir well to coat. Season to taste and set aside.
- To the **balsamic dressing**, add **pear** and remaining **baby spinach**. Toss to coat.

**TIP:** *If your frying pan isn't big enough, toss* everything together in the saucepan! TIP: Add a splash of reserved pasta water if your sauce is looking too thick.

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**bacon**, breaking up with a spoon, until golden, 3-4 minutes.



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