



# Bacon & Roast Broccoli Spaghetti

with Parmesan Cheese

Grab your Meal Kit with this symbol



Broccoli



Spaghetti



Garlic



Red Onion



Diced Bacon



Garlic & Herb Seasoning



Chilli Flakes (Optional)



Tomato Paste



Crushed & Sieved Tomatoes



Beef Stock



Parsley



Grated Parmesan Cheese

Hands-on: **30-40** mins  
Ready in: **35-45** mins

Spicy (optional chilli flakes)

Roasted broccoli and crispy bacon may not be the first combo you think of when it comes to pasta, but you can trust us on this one! Mix it all into a rich tomato-based sauce for a flavour explosion that's even worthy of Nonna's picky palate.

### Pantry items

Olive Oil, Brown Sugar, Butter

## 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 too.

### 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
broccoli	1 head	2 heads
spaghetti	1 packet	2 packets
garlic	3 cloves	6 cloves
red onion	½	1
diced bacon	1 packet	1 packet
garlic & herb seasoning	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
tomato paste	1 tin	2 tins
crushed & sieved tomatoes	½ tin (200g)	1 tin (400g)
brown sugar*	½ tsp	1 tsp
beef stock	½ sachet	1 sachet
butter*	20g	40g
parsley	1 bunch	1 bunch
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3990kJ (952Cal)	692kJ (165Cal)
Protein (g)	46.0g	8.0g
Fat, total (g)	40.2g	7.0g
- saturated (g)	19.0g	3.3g
Carbohydrate (g)	96.0g	16.7g
- sugars (g)	18.1g	3.1g
Sodium (g)	2290mg	397mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Roast the broccoli

Preheat the oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil. Cut the **broccoli** into small florets and roughly chop the stalk. Place on an oven tray lined with baking paper. **Drizzle generously** with **olive oil** and season with a **generous pinch** of **salt** and **pepper**. Toss to coat. Roast until tender, **15-20 minutes**.



## 4. Make the tomato sauce

Add the **tomato paste**, **crushed & sieved tomatoes** (see ingredients list), **brown sugar**, **reserved pasta water** (**1/2 cup for 2 people / 1 cup for 4 people**) and the **beef stock** (**1/2 sachet for 2 people / 1 sachet for 4 people**). Simmer over a medium heat until slightly thickened, **1-2 minutes**. Add the **butter** and stir through until melted, **1 minute**. Remove from the heat.

**TIP:** Loosen the sauce with a little more pasta water if needed.



## 2. Cook the spaghetti

Add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **9 minutes**. Reserve some **pasta water** (**3/4 cup for 2 people / 1 1/2 cups for 4 people**), drain the **pasta**, then return to the pan and **drizzle** with **olive oil** to prevent sticking.

**TIP:** 'Al dente' means the pasta is cooked through but is still a little firm.



## 5. Finish the pasta

Add the cooked **spaghetti**, roasted **broccoli** and **grated Parmesan cheese** (reserve some for garnish) to the frying pan with the sauce and toss to combine. Season to taste with **salt** and **pepper**. Pick and roughly chop the **parsley** leaves.



## 3. Cook the bacon

While the pasta is cooking, finely chop the **garlic** (or use a garlic press). Finely chop the **red onion** (see ingredient list). Heat a large frying pan with a **drizzle** of **olive oil** over a medium-high heat. Add the **diced bacon** and cook until golden, **5-6 minutes**. Add the **onion** and cook until softened, **4-5 minutes**. Add the **garlic & herb seasoning**, a **pinch** of **chilli flakes** (if using) and the **garlic** and cook until fragrant, **1-2 minutes**.



## 6. Serve up

Divide the bacon and roast broccoli spaghetti between bowls. Garnish with the parsley and reserved Parmesan cheese.

**Enjoy!**