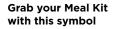


Bacon & Roast Broccoli Spaghetti

with Parmesan Cheese











Spaghetti





Red Onion





Diced Bacon





Chilli Flakes



(Optional)

Tomato Paste



Crushed & Sieved Tomatoes



Beef Stock



Parsley



Grated Parmesan Cheese



Spicy (optional chilli flakes)

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

Ingradiants

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	1/2	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 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.



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.



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 mediumhigh 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.



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.



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.



6. Serve up

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

Enjoy!