

Bacon & Veggie Pasta Bake

with Cheddar Cheese

Grab your Meal Kit with this symbol



Fusilli



Garlic



Courgette



Aussie Spice Blend



Crushed & Sieved Tomatoes with Garlic & Onion



Chicken-Style Stock Powder



Cream



Baby Spinach Leaves



Diced Bacon



Shredded Cheddar Cheese



Chicken Breast

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

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

Cheese has always been married to pasta, they are inseparable. Make their bond even stronger by baking a thick layer of Cheddar on top of the pasta. Watch as it embraces the fusilli, bacon and veggies in a warm – and very tasty – hug. Match made in heaven!

Pantry items

Olive Oil

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 · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 packet	1 packet
garlic	3 cloves	6 cloves
courgette	1	2
diced bacon	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
crushed & sieved tomatoes with garlic & onion	1 tin	2 tins
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
cream	½ bottle (125ml)	1 bottle (250ml)
baby spinach leaves	1 medium bag	1 large bag
shredded Cheddar cheese	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3745kJ (895Cal)	728kJ (173Cal)
Protein (g)	30.6g	5.9g
Fat, total (g)	49.7g	9.7g
- saturated (g)	25.1g	4.9g
Carbohydrate (g)	76.9g	14.9g
- sugars (g)	13.4g	2.6g
Sodium (mg)	1903mg	370mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4504kJ (1076Cal)	668kJ (159Cal)
Protein (g)	63.1g	9.4g
Fat, total (g)	55.4g	8.2g
- saturated (g)	26.8g	4g
Carbohydrate (g)	76.9g	11.4g
- sugars (g)	13.4g	2g
Sodium (mg)	2001mg	297mg

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!

Scan here if you have any questions or concerns

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Cook the fusilli

- Half-fill a large saucepan with **water**, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return **fusilli** to the pan with a drizzle of **olive oil** to prevent sticking.

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



Make it saucy

- Add **garlic** and **Aussie spice blend** and cook until fragrant, **1 minute**.
- Add **crushed & sieved tomatoes**, **chicken-style stock powder**, **cream** (see ingredients) and reserved **pasta water**. Simmer until slightly thickened, **2-3 minutes**.



Get prepped

- Meanwhile, finely chop **garlic**.
- Thinly slice **courgette** into half-moons.

Custom Recipe: If you've added chicken to your meal, cut chicken breast into 2cm chunks.



Bake the pasta

- Stir **baby spinach leaves** and cooked **fusilli** through the **sauce**, then transfer to a baking dish.
- Evenly sprinkle with **shredded Cheddar cheese**.
- Bake until golden, **5-7 minutes**.

Little cooks: Add the finishing touch by sprinkling the cheese on top. Careful the pasta sauce is hot!



Cook the bacon & greens

- Preheat the grill to high. Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **diced bacon**, breaking up with a spoon, until golden, **6-7 minutes**.
- Add **courgette** and cook until softened, **1-2 minutes**.

Custom Recipe: Add chicken with diced bacon, cook as above until cooked through.



Serve up

- Divide bacon and veggie pasta bake between plates. Enjoy!

Rate your recipe

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