



Creamy Bacon & Green Bean Orecchiette

with Parmesan & Parsley

KID FRIENDLY

Grab your Meal Kit with this symbol



Green Beans



Orecchiette



Garlic Paste



Cream



Vegetable Stock Powder



Apple



Mixed Salad Leaves



Parsley



Diced Bacon



Grated Parmesan Cheese

Keep an eye out...
Due to recent sourcing challenges, we've replaced courgette with green beans, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins
Ready in: 20-30 mins

Twirly-wirly pasta mixed in a creamy sauce is too good to be true. There are plenty of veggies in amongst the orecchiette to keep things fresh and green. For a bit of fun, throw in some diced bacon and you've cooked another pasta-winning dinner.

Pantry items

Olive Oil, Balsamic Vinegar

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

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 bag (100g)	1 bag (200g)
orecchiette	1 medium packet	1 large packet
diced bacon	1 packet	1 packet
garlic paste	1 packet	2 packets
cream	½ bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
vegetable stock powder	1 medium sachet	1 large sachet
apple	1	2
mixed salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3279kJ (784Cal)	795kJ (190Cal)
Protein (g)	27.2g	6.6g
Fat, total (g)	40.8g	9.9g
- saturated (g)	22.4g	5.4g
Carbohydrate (g)	73.5g	17.8g
- sugars (g)	8.4g	2g
Sodium (mg)	1348mg	327mg

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.



Cook the pasta

- Trim **green beans** and cut into thirds.
- Half-fill a large saucepan with **water**, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **orecchiette** in boiling water until 'al dente', **8 minutes**.
- Remove from heat and reserve **pasta water** (1/2 cup for 2 people / 1 cup for 4 people). Drain **orecchiette**, then return to saucepan.

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



Bring it all together

- Remove pan from heat, then add cooked **orecchiette**.
- Toss to combine and season with **pepper**. Set aside.
- Thinly slice **apple**.
- In a medium bowl, combine **apple** and **mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil**.

TIP: If the pasta looks dry, add a dash more reserved pasta water!

Little cooks: Take the lead by tossing the salad.



Cook the veggies & bacon

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **green beans** and **diced bacon**, breaking up bacon with a spoon, until tender, **5-6 minutes**.
- Reduce heat to low. Add **garlic paste** and cook until fragrant, **1 minute**.
- Add **cream** (see ingredients), **grated Parmesan cheese**, **vegetable stock powder** and some reserved **pasta water** (1/4 cup for 2 people/ 1/2 cup for 4 people), stirring to combine.

TIP: Cover the pan with a lid if the garlic paste starts to spatter!



Serve up

- Divide creamy bacon and green bean orecchiette between bowls.
- Serve with apple salad. Tear over **parsley** leaves to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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