



# Creamy Bacon & Tomato Fresh Fettuccine with Pear Salad

**FRESH & FAST**

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 4012kJ (959Cal) | Protein 36.7g | Fat, total 43.8g - saturated 23.1g | Carbohydrate 98.1g - sugars 11.8g | Sodium 1454mg  
**Spicy** (optional chilli flakes) | The quantities provided above are averages only.

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2021 | WK29 | X

# Get ready

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'll need

(along with the basics)



Large Frying Pan



Medium Saucepan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Diced Bacon	1 pkt	1 pkt
Fresh Fettuccine	1 pkt	1 pkt
Tomato Sugo	1 pkt	1 pkt
Grated Parmesan Cheese	1 pkt (30g)	1 pkt (60g)

## Allergens

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

## 1. Sizzle



Diced Bacon



Garlic Paste



Chilli Flakes



Tomato Sugo



Longlife Cream



Chicken-Style Stock Powder



Italian Herbs

## 2. Toss



Fresh Fettuccine

## 3. Chop



Pear



Cucumber



Oregano



Spinach & Rocket Mix



Balsamic & Olive Oil Dressing



Grated Parmesan Cheese

- Boil the kettle
- Heat **olive oil** in a frying pan over high heat
- Cook **bacon**, breaking with a spoon, until browned, **3 mins**
- Add **garlic paste**, a pinch of **chilli flakes** (if using) and cook until fragrant, **1 min**
- Add **tomato sugo, cream, stock, herbs** and cook until thickened, **2-3 mins**

- Pour **boiling water** into a saucepan over high heat. Season generously with **salt**
- Bring to boil, add **fettuccine** and cook until 'al dente', **3 mins**
- Add **fettuccine** to frying pan with a dash of **pasta water** and toss

- Slice **pear** and **cucumber**. Pick **oregano** leaves
- In a bowl, combine **pear, cucumber, spinach & rocket mix** and **dressing**. Season
- Divide **pasta** between bowls
- Top with **Parmesan** and sprinkle **oregano**
- Serve with **salad**

