



# Easy Bacon Carbonara

with Pear Salad & Pine Nuts

Grab your Meal Kit with this symbol



Red Onion



Pear



Parmesan Cheese



Penne



Pure Cream




Pine Nuts



Diced Bacon



Baby Spinach Leaves

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

Rules were made to be broken, right? When it comes to cooking, we don't let rules get in the way of a good dish. So, we've gone ahead and added cream, baby spinach and pine nuts to this carbonara and we reckon it's worth any potential controversy!

*Unfortunately, this week's spaghetti was in short supply, so we've replaced it with penne.  
Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Eggs, Vinegar (White Wine or Balsamic), Honey

## 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

	4 People
olive oil*	refer to method
red onion	1
pear	1
Parmesan cheese	1 block (100g)
penne	2 packets
eggs*	2
pure cream	½ bottle (150ml)
vinegar* (white wine or balsamic)	2 tsp
honey*	½ tsp
pine nuts	1 packet
diced bacon	1 packet (500g)
baby spinach leaves	1 bag (180g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4190kJ (1000Cal)	949kJ (227Cal)
Protein (g)	41.1g	9.3g
Fat, total (g)	55.5g	12.6g
- saturated (g)	24.7g	5.6g
Carbohydrate (g)	81.3g	18.4g
- sugars (g)	12.0g	2.7g
Sodium (g)	1590mg	360mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Get prepped

Bring a large saucepan of salted water to the boil. Thinly slice the **red onion**. Thinly slice the **pear**. Finely grate the **Parmesan cheese**.



### 2. Cook the penne

Add the **penne** to the saucepan of boiling water and cook, stirring occasionally, until 'al dente', **10 minutes**. Reserve **1 cup pasta water**, then drain the **penne**. Return the **penne** to the saucepan and **drizzle** with **olive oil** to prevent sticking.

**TIP:** 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



### 3. Make the carbonara sauce

While the penne is cooking, crack the **eggs** into a medium bowl and whisk with a fork. Add the grated **Parmesan cheese**, **1/2 bottle of pure cream** and a **generous pinch of pepper**. Mix well and set aside. In a small bowl, combine the **vinegar**, **honey** and **1 tbs of olive oil**. Set aside.



### 4. Cook the bacon

Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **diced bacon** and cook until golden, **7-8 minutes**.



### 5. Bring everything together

Add the cooked **penne** to the frying pan with the **bacon** and toss to coat. Add **1/2 the baby spinach leaves** and stir through until wilted. Remove the pan from the heat and pour in the **carbonara sauce** and **1/3 cup of reserved pasta water**. Mix well to combine. Season to taste with **salt** and **pepper**.

**TIP:** Removing the pan from the heat before adding the carbonara sauce is important to prevent the eggs from scrambling.

**TIP:** If the sauce seems thick, add more pasta water until the sauce is creamy and silky.



### 6. Serve up

In a medium bowl, combine the pear, remaining baby spinach leaves and the honey-vinegar dressing. Toss to coat. Divide the easy carbonara between bowls. Sprinkle with the toasted pine nuts and serve with the pear salad.

**Enjoy!**