Bacon & Cheddar Pasta Bake

with Garlic Pangratatto & Veggies

Grab your Meal Kit with this symbol













Green Beans





Diced Bacon

Carrot

Panko Breadcrumbs





Aussie Spice

Blend

Baby Spinach

Leaves

Diced Tomatoes



Chicken-Style Stock Powder



Light Cooking



Shredded Cheddar

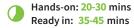


Cheese



Pantry items

Olive Oil, Butter



In this family-friendly pasta bake, spiral-shaped fusilli is perfect for holding onto the creamy tomato and bacon-studded sauce. The gooey Cheddar and crunchy pangrattato are the cherries on top, and the crisp sautéed veggies balance out the richness.



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 \cdot Large frying pan \cdot Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
green beans	1 small bag	1 medium bag
carrot	1	2
panko breadcrumbs	1 medium packet	1 large packet
diced bacon	1 packet (90g)	1 packet (180g)
diced tomatoes	1 tin	2 tins
Aussie spice blend	1 sachet	2 sachets
chicken-style stock powder	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
shredded Cheddar cheese**	1 medium packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
4093kJ (978Cal)	653kJ (156Cal)
33.5g	5.3g
45.2g	7.2g
23.2g	3.7g
104.9g	16.7g
21g	3.3g
1714mg	273mg
	4093kJ (978Cal) 33.5g 45.2g 23.2g 104.9g 21g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kj)	4529kJ (1082Cal)	695kJ (166Cal)
Protein (g)	39.6g	6.1g
Fat, total (g)	54.1g	8.3g
- saturated (g)	29.2g	4.5g
Carbohydrate (g)	104.9g	16.1g
- sugars (g)	21g	3.2g
Sodium (mg)	1895mg	291mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Cook the fusilli

Bring a large saucepan of salted water to the boil. Cook the **fusilli** in the boiling water until 'al dente', **11 minutes**. Drain and return to the pan. Drizzle with **olive oil** to prevent sticking.



Get prepped

While the pasta is cooking, finely chop the **garlic**. Trim the **green beans**. Thinly slice the **carrot** into half-moons.



Prep the pangratatto

In a medium bowl, combine the **panko breadcrumbs**, a drizzle of **olive oil** and 1/2 the **garlic**. Season with a pinch of **salt**.



Make the pasta bake

Preheat the grill to high. In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook the diced bacon, breaking up with a spoon, until golden, 6-7 minutes. Add the diced tomatoes, Aussie spice blend, chicken-style stock powder and light cooking cream. Simmer until slightly thickened, 2-3 minutes. Stir through the cooked fusilli and butter. Season to taste. Transfer to a baking dish. Sprinkle with the shredded Cheddar cheese and garlic pangratatto mixture. Grill until the crumb is golden, 5-7 minutes.

CUSTOM RECIPE

If you've doubled your shredded Cheddar cheese, sprinkle it over the pasta bake, as above.



Cook the veggies

While the pasta bake is grilling, wipe out the frying pan and return to a medium-high heat with a drizzle of olive oil. Cook the green beans and carrot until tender, 3-4 minutes. Add the baby spinach leaves and remaining garlic and cook until fragrant, 1 minute. Season to taste.



Serve up

Divide the bacon and Cheddar pasta bake between bowls. Serve with the veggies.

Enjoy!



