



Bacon & Cheddar Pasta Bake

with Garlic Pangrattato & Veggies

Grab your Meal Kit with this symbol



Fusilli



Garlic



Green Beans



Carrot



Panko Breadcrumbs



Diced Bacon



Diced Tomatoes



Aussie Spice Blend



Chicken-Style Stock Powder



Light Cooking Cream



Shredded Cheddar Cheese



Baby Spinach Leaves



Shredded Cheddar Cheese

Hands-on: 20-30 mins
Ready in: 35-45 mins

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.



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

Pantry items

Olive Oil, Butter

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 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

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4093kJ (978Cal) | 653kJ (156Cal) |
| Protein (g) | 33.5g | 5.3g |
| Fat, total (g) | 45.2g | 7.2g |
| - saturated (g) | 23.2g | 3.7g |
| Carbohydrate (g) | 104.9g | 16.7g |
| - sugars (g) | 21g | 3.3g |
| Sodium (mg) | 1714mg | 273mg |

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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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.



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.



Get prepped

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



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.



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**.



Serve up

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

Enjoy!

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