

# Bacon & Cheese Fettuccine

with Pear & Spinach Salad

Grab your Meal Kit with this symbol



Garlic



Pear



Fettuccine



Baby Spinach Leaves



Light Cooking Cream



Chicken Stock Pot



Shredded Cheddar Cheese



Diced Bacon



Sliced Mushrooms



Diced Bacon

Prep in: **25-35 mins**  
Ready in: **30-40 mins**

 Eat Me Early

There's a lot to love about this rich bowl of pasta, from the crisp bacon to the meaty mushrooms and goey Cheddar. With plenty of greens to balance things out, this is our kind of dinner - and the kind of recipe that will get the kids in the kitchen!

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

### Pantry items

Olive Oil, Honey, Balsamic Vinegar, Egg

## 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
pear	½	1
<b>honey*</b>	½ tsp	1 tsp
<b>balsamic vinegar*</b>	drizzle	drizzle
<b>egg*</b>	1	2
light cooking cream	1 medium packet	1 large packet
chicken stock pot	1 packet (20g)	1 packet (40g)
shredded Cheddar cheese	1 medium packet	1 large packet
fettuccine	1 medium packet	1 large packet
diced bacon	1 packet (90g)	1 packet (180g)
sliced mushrooms	1 medium packet	1 large packet
baby spinach leaves	1 large bag	2 large bags
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3436kJ (821Cal)	786kJ (188Cal)
Protein (g)	33.5g	7.7g
Fat, total (g)	41g	9.4g
- saturated (g)	18.5g	4.2g
Carbohydrate (g)	74.3g	17g
- sugars (g)	11.8g	2.7g
Sodium (mg)	1400mg	320mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3817kJ (912Cal)	792kJ (189Cal)
Protein (g)	41.2g	8.5g
Fat, total (g)	47.3g	9.8g
- saturated (g)	20.8g	4.3g
Carbohydrate (g)	74.7g	15.5g
- sugars (g)	12.3g	2.6g
Sodium (mg)	1824mg	378mg

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

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW33



## Get prepped

- Bring a medium saucepan of salted water to the boil.
- Finely chop **garlic**. Thinly slice **pear** (see ingredients) into wedges.
- In a medium bowl, combine the **honey** with a drizzle of **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper**. Set aside.

**Little cooks:** Take charge by combining the ingredients for the salad dressing!



## Cook the bacon & mushrooms

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook **diced bacon**, breaking up with a spoon, until crisp, **5-6 minutes**.
- Add **sliced mushrooms** and cook, stirring, until softened, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Add 1/2 the **baby spinach leaves** and cook until wilted slightly, **1 minute**.

**Custom Recipe:** If you've doubled your bacon, cook it for an extra 2-3 minutes.



## Make the creamy sauce

- Separate **egg yolk** from the **egg white**.
- In a second medium bowl, combine **egg yolk**, **light cooking cream**, **chicken stock pot** and **shredded Cheddar cheese**. Season with **pepper**, then whisk with a fork. Set aside.

**TIP:** Using just egg yolk in this recipe makes the sauce thick and rich!

**Little cooks:** Have a crack at separating the egg yolk from the egg white! You can also help whisk the ingredients for the sauce.



## Bring it all together

- Reduce heat to medium.
- Add cooked **fettuccine** and **creamy sauce** to the pan and cook, tossing, until pasta is coated and sauce is heated through, **2 minutes** (if the sauce is a little too thick, add a splash of the reserved **pasta water**).
- Season, then remove pan from heat.

**TIP:** If your frying pan isn't big enough, toss everything together in the saucepan!



## Cook the pasta

- Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **pasta** and return to pan.

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



## Serve up

- To the bowl with the dressing, add pear and remaining spinach. Toss to combine.
- Divide bacon and cheese fettuccine between bowls.
- Serve with pear and spinach salad. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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