

Bacon & Cheese Fettuccine with Pear & Spinach Salad



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

Eat Me Early

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

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!

There's a lot to love about this rich bowl of pasta, from the crisp bacon to the meaty mushrooms and gooey Cheddar. With plenty

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

 ${\sf Medium\ saucepan} \cdot {\sf Large\ frying\ pan}$

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
pear	1/2	1	
honey*	½ tsp	1 tsp	
balsamic vinegar*	drizzle	drizzle	
egg*	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			

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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

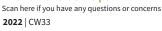
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit **hellofresh.com.au/foodinfo** for allergen and

ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





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!



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.



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!



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.



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!



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!

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