



# Bacon, Broccoli & Parmesan Spaghetti

with Capers & Chilli

Grab your Meal Kit with this symbol



Garlic



Red Onion



Broccoli



Parsley



Bacon



Spaghetti



Garlic & Herb Seasoning



Capers



Tomato Paste



Passata



Beef Stock



Shaved Parmesan Cheese



Chilli Flakes (Optional)

- Hands-on: **30-40** mins
- Ready in: **35-45** mins
- Spicy (optional chilli flakes)

What's a quick way to bring delicious flavour to spaghetti with broccoli? Add a rich tomato sauce studded with bacon, chilli and capers. This extra-saucy combination makes every mouthful bellissimo!

### Pantry items

Olive Oil, Brown Sugar, 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

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
red onion	1	2
broccoli	1 head	2 heads
parsley	1 bag	1 bag
bacon	2 packets (200g)	4 packets (400g)
spaghetti	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
capers	1 tub	2 tubs
tomato paste	1 sachet	2 sachets
passata	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
beef stock	½ cube	1 cube
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
butter*	20g	40g
chilli flakes (optional)	pinch	pinch

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4080kJ (974Cal)	581kJ (139Cal)
Protein (g)	43.1g	6.1g
Fat, total (g)	38.4g	5.5g
- saturated (g)	17.5g	2.5g
Carbohydrate (g)	105g	14.9g
- sugars (g)	25.7g	3.7g
Sodium (g)	2960mg	423mg

### Allergens

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

Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/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. Finely chop the **garlic** (or use a garlic press). Finely chop the **red onion**. Cut the **broccoli** into small florets and roughly chop the stalk. Roughly chop the **parsley** leaves. Cut the **bacon** into 1cm pieces.



## 4. Make it saucy

Add the **tomato paste**, **passata**, **brown sugar**, **reserved pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) and crumble in the **beef stock** (1/2 cube for 2 people / 1 cube for 4 people). Return the **bacon** and **onion** to the pan. Simmer over a medium heat until thickened, **1-2 minutes**. Add the **butter** and stir through until melted, **1 minute**. Remove from the heat.

**TIP:** Loosen the sauce with a little more reserved pasta water if needed.



## 2. Cook the pasta

Add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **9 minutes**. Reserve some **pasta water** (3/4 cup for 2 people / 1 1/2 cups for 4 people), then drain the **spaghetti** and **drizzle** with **olive oil** to prevent the strands sticking together.

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



## 5. Bring it all together

Add the **spaghetti** and **shaved Parmesan cheese** (reserve some for garnish) to the **tomato sauce** in the frying pan and toss to combine. Season to taste with **salt** and **pepper**.



## 3. Start the sauce

While the spaghetti is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and **bacon** and cook until golden, **5-6 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and then a **dash of water** and cook, tossing, until softened, **4-5 minutes**. Add the **garlic & herb seasoning**, **capers** and **garlic** and cook until fragrant, **1-2 minutes**.



## 6. Serve up

Divide the bacon, broccoli and Parmesan spaghetti between bowls. Garnish with the parsley, reserved Parmesan and a **pinch of chilli flakes** (if using).

**Enjoy!**