



Bacon, Pesto & Basil Fusilli

with Roasted Veggies & Parmesan

Grab your Meal Kit
with this symbol



Cherry Tomatoes



Capsicum



Red Onion



Peeled & Chopped
Pumpkin



Fusilli



Garlic



Bacon



Diced Tomatoes With
Garlic & Olive Oil



Garlic & Herb
Seasoning



Chicken Stock



Basil Pesto





Chilli Flakes
(Optional)



Shaved Parmesan
Cheese



Basil

 Hands-on: **20-30** mins
Ready in: **30-40** mins
 Spicy (optional
chilli flakes)

What's not to love about chunky spirals of pasta and a thick and luscious sauce to go with it? We've also added in loads of smokey bacon, roasted veggies and Parmesan for a delicious burst of flavour in every bite.

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

Medium saucepan · Baking tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnets
capsicum	1	2
red onion	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
fusilli	1 packet	2 packets
garlic	1 clove	2 cloves
bacon	1 packet	2 packets
diced tomatoes with garlic & olive oil	1 box (400g)	2 boxes (800g)
garlic & herb seasoning	1 sachet	2 sachets
chicken stock	1 cube	2 cubes
salt*	¼ tsp	½ tsp
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
basil pesto	1 packet (50g)	1 packet (100g)
chilli flakes (optional)	1 pinch	1 pinch
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
basil	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3423kJ (818Cal)	403kJ (96Cal)
Protein (g)	33.3g	3.9g
Fat, total (g)	28.7g	3.4g
- saturated (g)	13.4g	1.6g
Carbohydrate (g)	98.9g	11.6g
- sugars (g)	27.2g	3.2g
Sodium (mg)	2070mg	244mg

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.



1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to the boil. Halve the **cherry tomatoes**. Cut the **capsicum** into 2cm chunks. Cut the **red onion** into 2cm wedges. Place the **tomatoes, capsicum, onion** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then roast until tender, **15-20 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.

TIP: If the veggies don't fit in one layer, spread them over two oven trays.



4. Make the pasta sauce

Heat a large frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **bacon** and cook, tossing, until browned, **3-4 minutes**. Transfer to a plate. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **diced tomatoes with garlic & olive oil, garlic & herb seasoning**, some **pasta water (1/4 cup for 2 people / 1/2 cup for 4 people)** and crumble in the **chicken stock (1 cube for 2 people / 2 cubes for 4 people)**. Stir to combine.



2. Cook the pasta

While the veggies are roasting, add the **fusilli** to the saucepan of boiling water and cook, stirring occasionally, until 'al dente', **11 minutes**. Reserve some **pasta water (1/2 cup for 2 people / 2/3 cup for 4 people)**, then drain the **fusilli** and return it to the saucepan. **Drizzle** with **olive oil** to prevent sticking and cover to keep warm.

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



5. Finish the pasta sauce

Add the **salt, brown sugar** and **butter** to the sauce and stir to combine. Reduce the heat to medium and simmer until thickened, **2-4 minutes**. Remove from the heat and stir in the **bacon, roasted veggies, basil pesto**, cooked **fusilli** and a **pinch** of **chilli flakes** (if using). Season to taste with **salt** and **pepper**.

TIP: Add a little more pasta water if the sauce is too thick.



3. Get prepped

While the pasta is cooking, finely chop the **garlic** (or use a garlic press). Cut the **bacon** into 1cm squares.



6. Serve up

Divide the **bacon, pesto** and **basil fusilli** between bowls. Top with the **shaved Parmesan cheese**. Tear over **basil leaves** to serve.

Enjoy!