



Bacon, Broccoli & Creamy Ricotta Parmesan Pasta Twists

with Golden Pine Nuts



Make a ricotta
pasta sauce



Bacon



Brown Onion



Broccoli



Garlic



Parmesan Cheese



Parsley



Fusilli



Smooth Ricotta



Pine Nuts



Baby Spinach Leaves

Pantry Staples: Olive Oil



Hands-on: **15mins**
Ready in: **35mins**

Fusilli always gets us feeling silly. Take this twisted pasta, for example. It's creamy yet light, super delicious (thanks, bacon) and super green. One bite of it and we go full silly blighters. Honestly, ask anyone.

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan**, **chef's knife**, **chopping board**, **garlic crusher**, **fine grater**, **colander**, **large frying pan** and a **wooden spoon**.



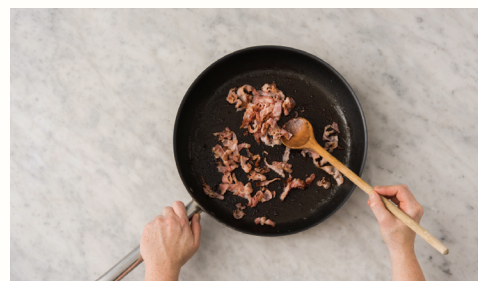
1 GET PREPPED

Bring a large saucepan of salted water to the boil. Slice the **bacon** lengthways into 5 cm strips (about 1 cm thick). Finely chop the **brown onion**. Chop the **broccoli** into 2 cm florets. Peel and crush the **garlic**. Finely grate the **Parmesan cheese**. Pick and finely chop the **parsley** leaves.



2 COOK THE PASTA

Add the **fusilli** (use suggested amount) to the saucepan of boiling water and cook for **11 minutes**, or until 'al-dente'. **Note: Be sure to add the correct amount of pasta in order for your dish to be perfectly balanced, just the way we planned it!** Reserve **1 1/2 cups** of the **cooking water**, then drain the pasta and return to the saucepan. **TIP: Drizzle with olive oil to stop the pasta from sticking.**



3 COOK THE PINE NUTS & BACON

While the pasta is cooking, heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside. Return the pan to a medium-high heat and add a **drizzle of olive oil** and the **bacon** strips. Cook for **5-6 minutes**, or until crispy and brown.



4 COOK THE VEG

Add the **brown onion** and **broccoli** to the pan with the **bacon** and cook for **6-7 minutes**, or until soft. Add the **garlic** and cook for **1 minute**, or until fragrant. Remove the pan from the heat.



5 ADD THE SAUCE

Add the **smooth ricotta** to the pan with the veggies and stir through to coat. Add **1/4 cup** of the **reserved pasta water** and mix through. Continue adding the pasta water until a saucy consistency forms. Add **1/2** of the **Parmesan cheese** and the **baby spinach leaves** and stir through until wilted. Add the cooked **fusilli** to the pan and stir through to combine.



6 SERVE UP

Divide the **bacon**, **broccoli** and **creamy ricotta parmesan pasta** twists between bowls. Sprinkle over the **toasted pine nuts**, remaining **Parmesan** and the **parsley**.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
bacon	1 packet
brown onion	1
broccoli	1 head
garlic	2 cloves
Parmesan cheese	1 block (50 g)
parsley	1 bunch
fusilli (use suggested amount)	1/2 packet (400 g)
pine nuts	1 packet
smooth ricotta	1 tub (250 g)
baby spinach leaves	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2940kJ (703Cal)	775kJ (185Cal)
Protein (g)	36.5g	9.6g
Fat, total (g)	24.0g	6.3g
- saturated (g)	9.9g	2.6g
Carbohydrate (g)	81.4g	21.4g
- sugars (g)	5.0g	1.3g
Sodium (g)	984mg	259mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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