



# Creamy Bacon and Broccoli Penne

with Parmesan

NEW KID FRIENDLY



Grab your Meal Kit with this symbol



Penne



Garlic



Broccoli



Zucchini



Baby Spinach Leaves



Chilli Flakes (Optional)



Diced Bacon



Light Cooking Cream



Shaved Parmesan Cheese

Prep in: 30-40 mins  
Ready in: 35-45 mins

Florets of broccoli and crispy bacon may not be the first combo you think of when it comes to pasta, but you can trust us on this one! Mix it all into a moreish cream-based sauce for a flavour explosion that's even worthy of Nonna's picky palate.

### Pantry items

Olive Oil, 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
<b>olive oil*</b>	refer to method	refer to method
penne	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
broccoli	1 head	2 heads
zucchini	1	2
diced bacon	1 packet (180g)	2 packets (360g)
<b>butter*</b>	20g	40g
chilli flakes  (optional)	pinch	pinch
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
shaved Parmesan cheese	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3693kJ (883Cal)	714kJ (171Cal)
Protein (g)	40.4g	7.8g
Fat, total (g)	46.8g	9g
- saturated (g)	22.4g	4.3g
Carbohydrate (g)	70g	13.5g
- sugars (g)	7.8g	1.5g
Sodium (mg)	1151mg	222mg

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.



## Cook the penne

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **penne** in boiling **water** until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain **penne**, then return to saucepan.



## Add the veggies

- To the pan with the **bacon**, add **broccoli** and **zucchini** and cook, tossing, until softened, **4-5 minutes**.
- Add the **butter** and stir to melt. Add the **garlic** and a pinch of **chilli flakes** (if using) and cook, tossing, until fragrant, **1 minute**.



## Get prepped

- Meanwhile, finely chop **garlic**.
- Cut **broccoli** into small florets and roughly chop the stalk.
- Grate **zucchini**.

**Little cooks:** Under adult supervision, older kids can help grate the zucchini!



## Bring it all together

- Reduce heat to medium. Add **light cooking cream** and reserved **pasta water**. Stir to combine.
- Add **baby spinach leaves** and stir through until wilted, **1-2 minutes**.
- Remove pan from heat, then add **penne** and 1/2 the **shaved Parmesan cheese**, tossing to combine.
- Season generously with **salt** and **pepper**.

**Little cooks:** Take the lead and stir the ingredients!



## Cook the bacon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon**, breaking up with a spoon, until golden, **4-6 minutes**.



## Serve up

- Divide creamy bacon and broccoli penne between bowls.
- Top with remaining Parmesan to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling the cheese on top!

## We're here to help!

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