



Creamy Bacon Carbonara

with Pear & Spinach Salad

Grab your Meal Kit with this symbol



Brown Onion



Zucchini



Garlic



Fettuccine



Grated Parmesan Cheese



Light Cooking Cream



Chicken Stock Pot



Diced Bacon



Baby Spinach Leaves



Pear

Recipe Update

Unfortunately, this week's spaghetti was in short supply, so we've replaced it with fettuccine. Don't worry, the recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

Rules were made to be broken, right? So, we've gone ahead and added cream and baby spinach to our carbonara for a creamier, colourful take on the classic dish.

Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic), Honey

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
brown onion	½	1
zucchini	1	2
garlic	2 cloves	4 cloves
fettuccine	1 medium packet	1 large packet
egg*	1	2
grated Parmesan cheese	3 packets (90g)	6 packets (180g)
light cooking cream	1 medium packet	1 large packet
chicken stock pot	1 packet (20g)	1 packet (40g)
vinegar* (white wine or balsamic)	1 tsp	2 tsp
honey*	¼ tsp	½ tsp
diced bacon	1 packet (180g)	2 packets (360g)
baby spinach leaves	1 medium bag	1 large bag
pear	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3950kJ (944Cal)	832kJ (198Cal)
Protein (g)	48.6g	10.2g
Fat, total (g)	43.4g	9.1g
- saturated (g)	19.8g	4.2g
Carbohydrate (g)	84.2g	17.7g
- sugars (g)	14.3g	3g
Sodium (mg)	2061mg	434mg

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.



Get prepped

Bring a large saucepan of salted water to the boil. Thinly slice the **brown onion** (see ingredients). Grate the **zucchini**. Finely chop the **garlic**.



Cook the bacon & veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **diced bacon**, breaking up with a spoon, until golden, **4-6 minutes**. Add the **onion** and **zucchini** and cook until softened and fragrant, **2-4 minutes**. Add a drizzle more **olive oil** (if needed), then add the **garlic** and cook until fragrant, **1 minute**.



Cook the fettuccine

Cook the **fettuccine** in the boiling water until 'al dente', **9 minutes**. Drain the **pasta**, reserving some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then return to the saucepan. Drizzle with **olive oil** to prevent the pasta from sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Bring it all together

Add the **fettuccine** to the pan with the **bacon**, tossing to coat. Add 1/2 the **baby spinach leaves**, stirring, until wilted. Remove the pan from the heat (to ensure the eggs don't scramble!). Add the **carbonara sauce** and some **reserved pasta water** (2 tbs for 2 people / 1/4 cup for 4 people). Mix well to combine. Season with **salt** and **pepper** to taste.

TIP: If the sauce looks too thick, add a little more pasta water until the sauce is creamy and silky.



Make the sauce & dressing

While the pasta is cooking, crack the **egg** into a medium bowl and whisk with a fork. Add the **grated Parmesan cheese** (reserve some for garnish!), **light cooking cream**, **chicken stock pot** and a generous pinch of **pepper**. Mix well and set aside. In a medium bowl, combine the **vinegar**, **honey** and some **olive oil** (2 tsp for 2 people / 1 tbs for 4 people). Set aside.



Serve up

Thinly slice the **pear** (see ingredients) into wedges. To the bowl with the dressing, add the pear and remaining spinach, tossing to coat. Divide the creamy bacon carbonara between bowls. Sprinkle with the reserved grated Parmesan. Serve with the pear and spinach salad.

Enjoy!

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