



Creamy Bacon & Pumpkin Fettuccine

with Pear Salad & Parmesan

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Pear



Fettuccine



Mixed Salad Leaves



Garlic & Herb Seasoning



Baby Spinach Leaves



Peeled & Chopped Pumpkin



Diced Bacon



Vegetable Stock Pot



Light Cooking Cream



Grated Parmesan Cheese

Prep in: 35-45 mins
Ready in: 40-50 mins

This delicious dinner features a decadent cream sauce with roast pumpkin and bacon, tossed through al dente fettuccine. The pear salad offers a touch of sweetness and acidity to balance out the richness and tie everything together.

Pantry items

Olive Oil, Honey, Balsamic Vinegar

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

Oven tray lined with baking paper · Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 medium bag	1 large bag
honey*	1 tbs	2 tbs
brown onion	1	2
garlic	2 cloves	4 cloves
pear	1	2
fettuccine	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
diced bacon	1 packet (90g)	1 packet (180g)
light cooking cream	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock pot	1 packet (20g)	1 packet (40g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3344kJ (799Cal)	547kJ (131Cal)
Protein (g)	30.3g	5g
Fat, total (g)	26.7g	4.4g
- saturated (g)	13.7g	2.2g
Carbohydrate (g)	104.2g	17g
- sugars (g)	32.1g	5.3g
Sodium (mg)	1677mg	274mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil.
- Place **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and the **honey**. Season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

4



Make the salad

- While the pasta is cooking, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl.
- Season, then top with **pear** and **mixed salad leaves**. Set aside.

TIP: Toss the salad just before serving to keep the leaves crisp!

Little cooks: Lend a hand by combining the balsamic vinegar and olive oil!

2



Get prepped

- Meanwhile, finely chop **brown onion** and **garlic**.
- Thinly slice **pear**.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

5



Cook the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **diced bacon**, breaking up bacon with a spoon, until browned, **6-7 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Stir in **light cooking cream, garlic & herb seasoning, vegetable stock pot, grated Parmesan cheese, baby spinach leaves, roasted pumpkin** and reserved **pasta water**. Cook until slightly thickened, **1-2 minutes**.
- Add cooked **fettuccine**, stirring to combine. Season to taste, then remove from heat.

TIP: Add a splash of water to loosen the pasta, if needed!

3



Cook the pasta

- When the pumpkin has **10 minutes** remaining, cook **fettuccine** in the boiling water until 'al dente', **9 minutes**.
- When the pasta is done, reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **pasta** and return to saucepan.
- Drizzle **pasta** with **olive oil** to prevent sticking. Set aside.

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

6



Serve up

- Toss the salad.
- Divide creamy bacon and pumpkin fettuccine between bowls.
- Serve with pear salad. Enjoy!

Little cooks: Take the lead and help toss the salad!

Rate your recipe

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