



# Creamy Bacon & Pumpkin Fettuccine

with Pear Salad & Parmesan

Grab your Meal Kit with this symbol



Nan's Special Seasoning



Brown Onion



Garlic



Pear



Fettuccine



Baby Spinach Leaves



Garlic & Herb Seasoning



Peeled & Chopped Pumpkin



Diced Bacon



Light Cooking Cream



Grated Parmesan Cheese



Diced Bacon

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar

## Before you start

Remember to wash your hands for 20 seconds.

You'll also need to give your fruit and veggies a wash.

## You will need

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
peeled & chopped pumpkin	1 medium bag	1 large bag
Nan's special seasoning	1 medium sachet	1 large sachet
brown onion	1	2
garlic	2 cloves	4 cloves
pear	1	2
fettuccine	1 medium packet	1 large packet
<b>balsamic vinegar*</b>	drizzle	drizzle
baby spinach leaves	1 medium 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
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3344kJ (799Cal)	547kJ (131Cal)
Protein (g)	30.4g	5g
Fat, total (g)	26.7g	4.4g
- saturated (g)	13.7g	2.2g
Carbohydrate (g)	104.1g	17g
- sugars (g)	32g	5.2g
Sodium (mg)	1687mg	276mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3725kJ (890Cal)	568kJ (136Cal)
Protein (g)	38.1g	5.8g
Fat, total (g)	33g	5g
- saturated (g)	15.9g	2.4g
Carbohydrate (g)	104.5g	15.9g
- sugars (g)	32.4g	4.9g
Sodium (mg)	2112mg	322mg

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.

## We're here to help!

Scan here if you have any questions or concerns



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## Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**. Half-fill a large saucepan with water. Add a generous pinch of **salt**, then bring to the boil over high heat.
- Place **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**. Sprinkle over **Nan's special seasoning** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

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## Prep 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 1/2 the **baby spinach leaves**. Set aside.

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

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

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## Get prepped

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

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

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## Cook the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **diced bacon**, breaking bacon up with a spoon, until browned, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Stir in **light cooking cream**, **garlic & herb seasoning**, **grated Parmesan cheese**, roasted **pumpkin**, reserved **pasta water** and remaining **spinach leaves**. Cook until slightly thickened, **1-2 minutes**.
- Add cooked **fettuccine**, stirring to combine. Season with **pepper**, then remove from heat.

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

**Custom Recipe:** If you doubled your diced bacon, cook the bacon and onion for an extra 2-3 minutes.

3



## Cook the pasta

- When the pumpkin has **10 minutes** remaining, cook **fettuccine** in the saucepan of boiling water until 'al dente', **9 minutes**.
- When the pasta is done, reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain 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.

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## 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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