

# Quick Bacon & Garlic Farfalle

with Garden Salad

Grab your Meal Kit with this symbol



Tomato



Carrot



Farfalle



Diced Bacon



Garlic Paste



Italian Herbs



Mixed Salad Leaves



Light Thickened Cream



Vegetable Stock Pot



Grated Parmesan Cheese



Baby Spinach Leaves



Parsley

 Hands-on: **10-20 mins**  
Ready in: **15-25 mins**

Farfalle – there are so many delights in cooking with this fun bow-tie pasta. And the most delightful part about tonight's dish, you ask? The fact that this mouth-watering and creamy sensation is ready in 15 minutes! It can't get any better than this.

### Pantry items

Olive Oil, 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
carrot	1	2
farfalle	1 packet	2 packets
diced bacon	1 packet (90g)	1 packet (180g)
garlic paste	1 packet	2 packets
Italian herbs	1 sachet	2 sachets
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag (30g)	1 medium bag (60g)
light thickened cream	1 medium packet	2 medium packets
vegetable stock pot	1 packet (20g)	1 packet (40g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 medium bag (60g)	1 large bag (120g)
parsley	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3041kJ (726Cal)	693kJ (165Cal)
Protein (g)	27.9g	6.4g
Fat, total (g)	31.3g	7.1g
- saturated (g)	16.2g	3.7g
Carbohydrate (g)	79.3g	18.1g
- sugars (g)	15.9g	3.6g
Sodium (mg)	1465mg	334mg

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.

1



## Get prepped

- Boil the kettle. Roughly chop **tomato**. Grate **carrot**.
- Half-fill a large saucepan with boiling water over a high heat. Season with **salt** and return to the boil. Cook **farfalle** in boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people) and drain.

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

3



## Make the pasta sauce

- Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until browned, **3-4 minutes**. Add **garlic paste** and **Italian herbs** and cook, until fragrant, **1 minute**.
- Add **light thickened cream** and **vegetable stock pot**. Cook, stirring, **30 seconds**.
- Add cooked **farfalle**, a generous splash of reserved **pasta water**, the **grated Parmesan cheese** and **baby spinach leaves**. Cook, tossing until just wilted, **1-2 minutes**. Season to taste.

2



## Make the salad

- Meanwhile, in a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **mixed salad leaves**, **tomato** and **carrot** to dressing, then toss to coat. Set aside.

4



## Serve up

- Divide the creamy bacon and garlic farfalle between bowls. Tear over the **parsley** leaves.
- Serve with the garden salad.

## Enjoy!

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