



Bacon, Broccoli & Parmesan Spaghetti

with Capers & Chilli

Grab your Meal Kit with this symbol



Garlic



Red Onion



Broccoli



Parsley



Bacon



Spaghetti



Garlic & Herb Seasoning



Capers



Tomato Paste



Passata



Beef Stock



Shaved Parmesan Cheese



Chilli Flakes (Optional)

Hands-on: **30-40** mins
 Ready in: **35-45** mins
 Spicy (optional chilli flakes)

What's a quick way to bring delicious flavour to spaghetti with broccoli? Add a rich tomato sauce studded with bacon, chilli and capers. This extra-saucy combination makes every mouthful bellissimo!

Pantry items

Olive Oil, Brown Sugar, 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
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
red onion	1	2
broccoli	1 head	2 heads
parsley	1 bag	1 bag
bacon	2 packets (200g)	4 packets (400g)
spaghetti	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
capers	1 tub	2 tubs
tomato paste	1 sachet	2 sachets
passata	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
beef stock	½ cube	1 cube
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
butter*	20g	40g
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4080kJ (974Cal)	581kJ (139Cal)
Protein (g)	43.1g	6.1g
Fat, total (g)	38.4g	5.5g
- saturated (g)	17.5g	2.5g
Carbohydrate (g)	105g	14.9g
- sugars (g)	25.7g	3.7g
Sodium (g)	2960mg	423mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.com.au/foodinfo](https://www.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

Bring a large saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Finely chop the **red onion**. Cut the **broccoli** into small florets and roughly chop the stalk. Roughly chop the **parsley** leaves. Cut the **bacon** into 1cm pieces.



4. Make it saucy

Add the **tomato paste**, **passata**, **brown sugar**, **reserved pasta water (1/4 cup for 2 people / 1/2 cup for 4 people)** and crumble in the **beef stock (1/2 cube for 2 people / 1 cube for 4 people)**. Return the **bacon** and **onion** to the pan. Simmer over a medium heat until thickened, **1-2 minutes**. Add the **butter** and stir through until melted, **1 minute**. Remove from the heat.

TIP: Loosen the sauce with a little more reserved pasta water if needed.



2. Cook the pasta

Add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **9 minutes**. Reserve some **pasta water (3/4 cup for 2 people / 1 1/2 cups for 4 people)**, then drain the **spaghetti** and **drizzle** with **olive oil** to prevent the strands sticking together.

TIP: 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



5. Bring it all together

Add the **spaghetti** and **shaved Parmesan cheese** (reserve some for garnish) to the **tomato sauce** in the frying pan and toss to combine. Season to taste with **salt** and **pepper**.



3. Start the sauce

While the spaghetti is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and **bacon** and cook until golden, **5-6 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and then a **dash of water** and cook, tossing, until softened, **4-5 minutes**. Add the **garlic & herb seasoning**, **capers** and **garlic** and cook until fragrant, **1-2 minutes**.



6. Serve up

Divide the bacon, broccoli and Parmesan spaghetti between bowls. Garnish with the parsley, reserved Parmesan and a **pinch of chilli flakes** (if using).

Enjoy!