



Speedy Creamy Bacon, Parmesan & Green Bean Penne

with Garden Salad



Make a creamy tomato based sauce



Bacon



Brown Onion



Penne



Garlic



Diced Tomatoes



Parmesan Cheese



Oregano



Cucumber



Roma Tomato



Baby Spinach Leaves



Cooking Cream



Green Beans



Chicken Stock

Hands-on: 25 mins
Ready in: 30 mins

We love creamy pastas, and we also love tomatoey pastas. What's a person to do? Why it's simple – combine the two of course! We did for this dish and we haven't looked back since.

Pantry Staples: Olive Oil, Black Pepper, Salt, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan, chef's knife, chopping board, vegetable peeler, colander, large frying pan, wooden spoon** and a **medium bowl**.



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Chop the **bacon** into 1 cm pieces. Finely slice the **brown onion**. Peel and finely chop the **garlic**. Trim the ends of the **green beans** and chop into 1 cm pieces.

TIP: If you have fussy little ones, chop the green beans very finely! Pick the **oregano** leaves. Dice the **cucumber**. Dice the **Roma tomato**. Use a vegetable peeler to shave the **Parmesan cheese** into short strips.



2 COOK THE PASTA

Add the **penne (use suggested amount - 4/5 packet)** to the saucepan of boiling water and cook for **10 minutes**, or until 'al dente'.

TIP: Stir the pasta regularly to ensure it doesn't stick. **Note:** Be sure to add the correct amount of pasta so your dish is perfectly balanced, just the way we planned it! Drain and return to the saucepan. **Drizzle** with **olive oil** to prevent it from sticking.



3 COOK THE BACON AND VEG

While the pasta is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Once hot, add the **bacon, onion, garlic** and **green beans** and cook for **5 minutes**, stirring, or until the onion is soft. Crumble in the **chicken stock** cube, add the **diced tomatoes** and **oregano** and bring the mixture to a simmer.

TIP: Mash the bigger tomato chunks with a wooden spoon to break them up. Cook for a further **8-10 minutes**, or until thickened.



4 FINISH THE PASTA

Add the **cooking cream** and **1/2** of the **baby spinach leaves** to the pan with the bacon and stir until the spinach has slightly wilted. Add the **pasta**, the **salt (use suggested amount)** and the **black pepper (use suggested amount)** and stir until combined.

TIP: Taste the pasta and add a pinch more salt and pepper if you think it needs it.



5 TOSS THE SALAD

In a medium bowl, combine the **cucumber, Roma tomato** and the **remaining baby spinach leaves**. Add the **white wine vinegar** and **1 tbs of olive oil** and toss to coat.



6 SERVE UP

Divide the creamy bacon, parmesan and green bean penne between bowls and sprinkle over the Parmesan cheese. Serve with the garden salad on the side.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
bacon	1 packet
brown onion	1
garlic	3 cloves
green beans	1 packet
oregano	1 bunch
cucumber	1
Roma tomato	1
Parmesan cheese	1 block (50 g)
penne (use suggested amount)	4/5 packet (400 g)
chicken stock	1 cube
diced tomatoes	1 tin (400 g)
cooking cream	1 tub (300 ml)
baby spinach leaves	1 bag
salt*	1/2 tsp
black pepper*	1/2 tsp
white wine vinegar*	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3380kJ (806Cal)	627kJ (150Cal)
Protein (g)	29.9g	5.6g
Fat, total (g)	36.6g	6.8g
- saturated (g)	17.5g	3.3g
Carbohydrate (g)	84.8g	15.8g
- sugars (g)	13.1g	2.4g
Sodium (g)	1240mg	230mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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