



CHICKEN & BACON PESTO PASTA

with Roasted Cherry Tomatoes



Roast cherry tomatoes to bring out their sweetness



Zucchini



Garlic



Bacon



Chicken Breast



Cherry Tomatoes



Penne



Basil Pesto



Baby Spinach Leaves



Shaved Parmesan Cheese

Pantry Staples: Olive Oil

Hands-on: 20 mins
Ready in: 30 mins

Eat me early

This pasta combines lots of favourites in a yummy bowl – with chicken breast, bacon, cherry tomatoes and pesto, it's sure to please the whole family. Plus there's a secret addition of grated zucchini. The tender strands melt into the sauce, adding flavour and goodness – but nobody will know!

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large saucepan** with a **lid**
- **oven tray** lined with **baking paper**
- **large frying pan**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Bring a large saucepan of salted water to the boil. Grate the **zucchini**. Finely chop the **garlic** (or use a garlic press). Slice the **bacon** into 1cm strips. Slice the **chicken breast** into 1cm strips.



2 ROAST THE CHERRY TOMATOES

Place the **cherry tomatoes** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Roast until the cherry tomatoes are soft and the skin is slightly blistered, **15 minutes**.



3 COOK THE PASTA

While the cherry tomatoes are roasting, add the **penne** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Reserve **1/4 cup** of the **pasta water**, then drain the **penne** and return to the saucepan. **Drizzle** with a little **olive oil** and cover with a lid to keep warm. **TIP:** 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



4 COOK THE CHICKEN & BACON

While the pasta is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **bacon** and cook, stirring often, until golden, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a plate. Return the frying pan to a medium-high heat and add the **chicken**. Cook, tossing occasionally, until cooked through, **4-5 minutes**. Return the **bacon** and **garlic** to the pan along with the grated **zucchini** and cook, stirring, until softened, **1 minute**.



5 BRING IT ALL TOGETHER

Add the **penne** to the frying pan with the chicken mixture. Add the **basil pesto**, **baby spinach leaves** and **1/2** the **shaved Parmesan cheese**. Season with **salt** and **pepper** and toss well to coat. **TIP:** Add a little of the reserved pasta water to loosen if necessary. Add the roasted **cherry tomatoes** and gently toss to combine. **TIP:** Toss everything together in the saucepan if your frying pan isn't big enough.



6 SERVE UP

Divide the chicken and bacon pesto pasta between bowls and sprinkle with the remaining shaved Parmesan cheese.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
zucchini	1
garlic	1 clove
bacon	1 packet
chicken breast	1 small packet
cherry tomatoes	1 punnet
penne	2 packets
basil pesto	1 tub (100g)
baby spinach leaves	1 bag (90g)
shaved Parmesan cheese	2 packets (60g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3500kJ (835Cal)	806kJ (193Cal)
Protein (g)	45.6g	10.5g
Fat, total (g)	36.1g	8.3g
- saturated (g)	11.2g	2.6g
Carbohydrate (g)	74.7g	17.2g
- sugars (g)	6.2g	1.4g
Sodium (g)	985mg	227mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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