



Creamy Pumpkin & Bacon Fettuccine

with Cucumber & Tomato Salad

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Brown Onion
-  Garlic
-  Cucumber
-  Tomato
-  Parsley
-  Fettuccine
-  Diced Bacon
-  Light Cooking Cream
-  Chicken Stock Pot
-  Mixed Salad Leaves
-  Grated Parmesan Cheese

 Hands-on: 30-40 mins
Ready in: 35-45 mins

This delicious dinner features a mouth-watering creamy sauce with pumpkin and bacon, tossed through fettuccine. Plus a crisp cucumber and tomato salad to tie this meal together!

Pantry items

Olive Oil, Butter, White Wine 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
brown onion	1	2
garlic	2 cloves	4 cloves
cucumber	1	2
tomato	1	2
parsley	1 bag	1 bag
fettuccine	1 packet	2 packets
diced bacon	1 packet (90g)	1 packet (180g)
light cooking cream	1 packet (150ml)	2 packets (300ml)
chicken stock pot	1 tub (20g)	1 tub (40g)
butter*	20g	40g
white wine vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3911kJ (934Cal)	508kJ (121Cal)
Protein (g)	34.7g	4.5g
Fat, total (g)	39.6g	5.1g
- saturated (g)	22g	2.9g
Carbohydrate (g)	104.2g	13.5g
- sugars (g)	30.1g	3.9g
Sodium (mg)	1331mg	173mg

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil. Peel the **butternut pumpkin** and cut into 2cm chunks. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Cook the sauce

While the pasta is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **diced bacon** and onion, stirring, until browned, **6-7 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **light thickened cream**, **chicken stock pot** and **butter**. Stir to combine. Add the **fettuccine**, **roast pumpkin** and **reserved pasta water** and cook, stirring, until slightly thickened, **1-2 minutes**. Season to taste.



Get prepped

While the pumpkin is roasting, finely chop the **brown onion** and **garlic**. Thinly slice the **cucumber** into half moons. Cut the **tomato** into thin wedges. Roughly chop the **parsley** leaves.



Make the salad

While the sauce is cooking, combine the **white wine vinegar** and a drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**. Add the **cucumber**, **tomato** and the **mixed salad leaves** to the **dressing** and toss to coat.



Cook the pasta

When the pumpkin has **10 minutes** remaining, cook the **fettuccine** in the boiling water until 'al dente', **9 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) then drain the **pasta**. Return to the saucepan and drizzle with **olive oil** to prevent sticking.

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



Serve up

Divide the creamy pumpkin and bacon fettuccine between bowls. Top with **grated Parmesan cheese**. Garnish with the parsley. Serve with the cucumber and tomato salad.

Enjoy!