



Bacon & Cheese Fettuccine

with Pear & Spinach Salad

Grab your Meal Kit
with this symbol



Garlic



Pear



Light Thickened
Cream



Chicken Stock
Pot



Shredded
Cheddar Cheese



Fettuccine



Diced Bacon



Sliced Mushrooms



Baby Spinach
Leaves



Diced
Bacon

Hands-on: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

There's a lot to love about this rich bowl of pasta, from the savoury bacon to the deep meatiness of the mushrooms and the gooeyness of the Cheddar cheese. There are also plenty of greens to balance things out – now that's our kind of dinner!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Honey, Egg

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
pear	½	1
balsamic vinegar*	2 tsp	1 tbs
honey*	½ tsp	1 tsp
egg*	1	2
light thickened cream	1 packet (150ml)	2 packets (300ml)
chicken stock pot	1 packet (20g)	1 packet (40g)
shredded Cheddar cheese	1 medium packet	1 large packet
fettuccine	1 packet	2 packets
diced bacon	1 medium packet	1 large packet
sliced mushrooms	1 packet (150g)	1 packet (300g)
baby spinach leaves	1 bag (120g)	1 bag (240g)
diced bacon**	1 medium packet	1 large packet

*Pantry items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3740kJ (894Cal)	813kJ (194Cal)
Protein (g)	35.6g	7.7g
Fat, total (g)	44.1g	9.6g
- saturated (g)	21.1g	4.6g
Carbohydrate (g)	86.1g	18.7g
- sugars (g)	12.9g	18.7g
Sodium (mg)	1399mg	304mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4121kJ (984Cal)	816kJ (195Cal)
Protein (g)	43.2g	8.6g
Fat, total (g)	50.4g	10g
- saturated (g)	23.3g	4.6g
Carbohydrate (g)	86.5g	17.1g
- sugars (g)	13.4g	17.1g
Sodium (mg)	1824mg	361mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a medium saucepan of salted water to the boil. Finely chop the **garlic**. Thinly slice the **pear** (see ingredients) into wedges. In a medium bowl, combine the **balsamic vinegar**, **honey** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.



Make the creamy sauce

Separate the **egg yolk** from the **egg white**. In a medium bowl, combine the **egg yolk**, **light thickened cream**, **chicken stock pot** and **shredded Cheddar cheese**. Season with **pepper**, whisk with a fork and set aside.

TIP: Using just egg yolk in this recipe makes the sauce thick and rich!



Cook the fettuccine

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** and return to the pan.

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



Cook the bacon & mushrooms

While the pasta is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **diced bacon**, breaking up with a spoon, until crisp, **5-6 minutes**. Add the **sliced mushrooms** and cook until softened, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add 1/2 the **baby spinach leaves** and cook until wilted slightly, **1 minute**. Reduce the heat to medium.



Bring it all together

Add the **fettuccine** and **creamy sauce mixture** to the frying pan and cook, tossing constantly, until the **pasta** is coated in the sauce, **2 minutes**. Season. Set aside. Add the **pear** and remaining **baby spinach leaves** to the bowl with the **salad dressing**. Toss to coat.



Serve up

Divide the bacon and cheese fettuccine between bowls. Serve with the pear and spinach salad.

Enjoy!