

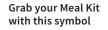
# **Bacon & Tomato Pasta Salad**

with Parmesan & Dill-Parsley Mayo

LUNCH

KID FRIENDLY

CLIMATE SUPERSTAR









Chicken-Style Stock Powder



Diced Bacon







Lemon

**Baby Spinach** 



Dill & Parsley Mayonnaise

Cheese



Prep in: 10-20 mins Ready in: 15-25 mins

Olive Oil

## Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

 $Large\ saucepan\cdot Large\ frying\ pan$ 

### Ingredients

9		
	1 meal kit	2 meal kits
olive oil*	refer to method	refer to method
fusilli	1 packet	2 packets
chicken-style stock powder	1 medium sachet	2 medium sachets
diced bacon	1 packet	2 packets
tomato	1	2
lemon	1	2
baby spinach leaves	1 medium bag	2 medium bags
dill & parsley mayonnaise	1 packet (80g)	2 packets (160g)
grated Parmesan cheese	1 medium packet	2 medium packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	3260kJ (779Cal)	1002kJ (239Cal)
Protein (g)	24.5g	7.5g
Fat, total (g)	43.6g	13.4g
- saturated (g)	9.5g	2.9g
Carbohydrate (g)	68.7g	21.1g
- sugars (g)	6.6g	2g
Sodium (mg)	1222mg	375mg

The quantities provided above are averages only. \*1 meal kit makes 2 servings.

#### **Allergens**

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

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



#### Cook the fusilli

- Half-fill a large saucepan with water, add a generous pinch of salt, then bring to the boil.
- Cook **fusilli** in boiling water, over high heat, until 'al dente', **12 minutes**.
- Drain fusilli, then return to saucepan with chicken-style stock powder and a drizzle of olive oil.

**Little cooks:** Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



## Prep the salad

- While bacon is cooking, finely chop tomato. Cut lemon into wedges.
- Stir baby spinach leaves through the cooked pasta, along with tomato, bacon, dill & parsley mayonnaise, a good squeeze of lemon juice and a drizzle of olive oil. Season to taste.



#### Cook the bacon

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook diced bacon, breaking up with a spoon, until golden, 6-7 minutes.



## Serve up

- Divide between containers and sprinkle with grated Parmesan cheese.
  Refrigerate.
- When you're ready for lunch, serve cold. Enjoy!

**TIP:** This pasta salad is best enjoyed cooled!



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