One-Pot Creamy Bacon & Asparagus Fusilli

with Courgette & Parmesan Cheese

HIGHEST RATED | ONE-POT | KID FRIENDLY

Grab your meal kit with this number 12

- Diced Bacon
- Courgette
- Asparagus
- Lemon
- Mediterranean Seasoning
- Cream
- Chicken-Style Stock Powder
- Fusilli
- Baby Spinach Leaves
- Grated Parmesan Cheese

Prep in: 15-25 mins
Ready in: 30-40 mins

All the flavour, none of the fuss! This one-pot wonder brings smokey bacon, tender courgette and a rich, creamy sauce together in one dreamy dish. Comfort food, Italian-style — and only one pot to clean!

Diced Bacon

Diced Chicken

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
diced bacon	100g	200g
courgette	1	2
asparagus	1 bunch	2 bunches
lemon	½	1
Mediterranean seasoning	1 sachet	2 sachets
cream	½ packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
fusilli	1 medium packet	1 large packet
boiling water*	2½ cups	5 cups
baby spinach leaves	1 small packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4340kJ (1040Cal)	849kJ (204Cal)
Protein (g)	31g	6.1g
Fat, total (g)	67g	13.1g
- saturated (g)	37.6g	7.4g
Carbohydrate (g)	74.1g	14.5g
- sugars (g)	11.2g	2.2g
Sodium (mg)	1550mg	303mg
Dietary Fibre (g)	7.1g	1.4g

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns

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1

Get prepped

- Boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon**, breaking up with a spoon, until golden, **6-7 minutes**.
- Meanwhile, thinly slice **courgette** into half-moons. Trim ends of **asparagus** and roughly chop. Slice **lemon** into wedges.

2

Start the sauce

- To the saucepan with bacon, add **courgette** and **asparagus** and cook until tender, **4-5 minutes**.
- Add **Mediterranean seasoning** and cook until fragrant, **1 minute**.

3

Add the pasta

- Reduce heat to medium, then add **cream (see ingredients)**, **chicken-style stock powder**, **fusilli** and the **boiling water** (2½ cups for 2 people / 5 cups for 4 people). Simmer, stirring occasionally, until fusilli is cooked through, **12-15 minutes**.
- Remove pan from heat, add **baby spinach leaves** and a squeeze of **lemon juice**. Stir to combine and season to taste with **salt** and **pepper**.

TIP: *Add a splash more water if the sauce looks too thick.*

4

Finish & serve

- Divide one-pot creamy bacon and asparagus fusilli between bowls.
- Sprinkle over **grated Parmesan cheese**. Serve with any remaining lemon wedges. Enjoy!

Little cooks: *Add the finishing touch by sprinkling over the cheese!*

CUSTOM OPTIONS

DICED BACON:
Follow method above.

DICED CHICKEN:
Cook with bacon, tossing occasionally, until golden and cooked through, 5-6 minutes.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO