



Bacon & Broccoli Penne

with Parmesan, Sour Cream & Chives

Grab your Meal Kit with this symbol



Penne



Garlic



Broccoli



Courgette



Diced Bacon



Garlic & Herb Seasoning



Chilli Flakes (Optional)



Sour Cream



Baby Spinach Leaves



Grated Parmesan Cheese



Chives

- Hands-on: 30-40 mins
- Ready in: 35-45 mins
- Spicy (optional chilli flakes)

Florets of broccoli and crispy bacon may not be the first combo you think of when it comes to pasta, but you can trust us on this one! Mix it all into a moreish sour cream-based sauce for a flavour explosion that's even worthy of Nonna's picky palate.

Pantry items

Olive Oil, Butter

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
penne	1 packet	2 packets
garlic	2 cloves	4 cloves
broccoli	1 head	2 heads
courgette	1	2
diced bacon	1 packet	1 packet
butter*	20g	40g
garlic & herb seasoning	1 sachet	1 sachet
chilli flakes (optional)	pinch	pinch
sour cream	1 large packet	2 large packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
chives	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4461kJ (1066Cal)	734kJ (175Cal)
Protein (g)	46.7g	7.7g
Fat, total (g)	58.1g	9.6g
- saturated (g)	28.4g	4.7g
Carbohydrate (g)	83.7g	13.8g
- sugars (g)	12.2g	2g
Sodium (mg)	1498mg	247mg

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.



Cook the penne

Bring a large saucepan of salted water to the boil. Cook the **penne** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain the **penne** and return to the saucepan.

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



Get prepped

While the pasta is cooking, finely chop the **garlic**. Cut the **broccoli** into small florets and roughly chop the stalk. Grate the **courgette**.



Cook the bacon

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **diced bacon** until golden, **3-4 minutes**.



Add the veggies

Add the **broccoli** with a dash of **water** to the **bacon** and cook, tossing, until softened, **4-5 minutes**. Add the **courgette** and cook, stirring, until softened, **2-3 minutes**. Add the **butter** and stir to melt. Add the **garlic**, **garlic & herb seasoning** and a pinch of **chilli flakes** (if using) and cook, tossing, until fragrant, **1 minute**.



Bring it all together

Reduce the heat to medium, then add the **sour cream** and some reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Stir to combine. Add the **baby spinach leaves** and stir through until wilted, **1-2 minutes**. Remove the frying pan from the heat, then add the **penne** and 1/2 the **grated Parmesan cheese** and toss to combine. Season with **salt** and **pepper**.



Serve up

Finely chop the **chives**. Divide the bacon and broccoli penne between bowls. Top with the remaining Parmesan cheese and garnish with the chives.

Enjoy!