

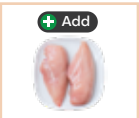


Creamy Bacon Cavatappi

with Broccoli and White Cheddar

Family Friendly

30-40 Minutes



Chicken Breasts
2 | 4

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Bacon Strips
100 g | 200 g



Cavatappi
170 g | 340 g



Broccoli
227 g | 454 g



Yellow Onion, chopped
56 g | 113 g



Cream
113 ml | 237 ml



White Cheddar Cheese, shredded
½ cup | 1 cup



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Chicken Broth Concentrate
1 | 2



Cream Cheese
1 | 2



Zesty Garlic Blend
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Pantry items | Salt, pepper

Cooking utensils | Colander, large non-stick pan, large pot, measuring spoons, paper towels, tongs

1



Cook bacon

- Before starting, wash and dry all produce.

- Bring a large pot of **salted water** to a boil.
- Meanwhile, heat a large non-stick pan over medium. When hot, add **bacon**. Cook for 5-7 min, flipping often, until crispy.** Remove from heat.
- Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside.
- Discard all but **1 tbsp** (1 ½ tbsp) **bacon fat** from pan.

4



Make sauce

- Reheat pan with **reserved bacon fat** over medium.
- When hot, add **onions**. Cook for 2-3 min, stirring often, until tender.
- Sprinkle **Cream Sauce Spice Blend** and **Zesty Garlic Blend** over **onions**, then stir to coat.
- While whisking, add **cream** and ½ cup (¾ cup) **water**. Add **cream cheese** and **broth concentrate**. Bring to a simmer and cook for 3-4 min, stirring often, until **sauce** thickens slightly.
- Remove from heat, then stir for 1 min, until **cheddar** melts. Season with **pepper**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook bacon and chicken to a minimum internal temperature of 160°F and 165°F, respectively.

2



Prep broccoli

+ Add | Chicken Breasts

- Meanwhile, cut **broccoli** into bite-sized pieces.

5



Finish cavatappi

- To the pan with **sauce**, add **cavatappi** and **broccoli**.
- Season with **salt** and **pepper**, if you like, then stir to combine. (**TIP:** If you prefer a lighter sauce, add some reserved pasta water, 1-2 tbsp at a time.)

3



Cook cavatappi and broccoli

- To the **boiling water**, add **cavatappi**. Cook for 7-8 min, stirring occasionally, until almost tender but still firm to the bite.
- Reserve ¼ cup (½ cup) **pasta water**.
- Add **broccoli** to the pot and cook for 1-2 min, stirring occasionally, until tender.
- Drain and return **cavatappi** and **broccoli** to the pot, off heat.

6



Finish and serve

+ Add | Chicken Breasts

- Divide **cavatappi** and **sauce** between bowls.
- Roughly crumble **bacon** over top.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep broccoli and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat another large non-stick pan over medium-high. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry for 6-7 min on one side until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.** Transfer to a plate and cover to keep warm.

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top bowls with **chicken**.