



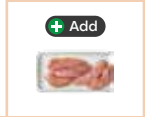
Bacon Alfredo Pasta

with Spring Salad

Family Friendly 25-35 Minutes

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Chicken Tenders ⁺
310 g | 620 g



-  Bacon Strips
100 g | 200 g
-  Onion, chopped
56 g | 113 g
-  Green Peas
56 g | 113 g
-  Garlic, cloves
3 | 6
-  Spaghetti
170 g | 340 g
-  Cream
113 ml | 237 ml
-  Spring Mix
56 g | 113 g
-  Tomato
1 | 2
-  Red Wine Vinegar
1 tbsp | 2 tbsp
-  Parmesan Cheese, shredded
1/2 cup | 1 cup
-  Parsley
7 g | 7 g

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 | Oil*, salt*, pepper*, sugar*

Cooking utensils | Colander, measuring spoons, large bowl, measuring cups, large pot, large non-stick pan

1



Prep

• Before starting, wash and dry all produce.

- Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, roughly chop **parsley**.
- Cut **tomatoes** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Cut **bacon** crosswise into ¼-inch pieces on a separate cutting board.

2



Cook spaghetti

+ Add | Chicken Tenders

- Add **spaghetti** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup** (1 cup) **pasta water**, then drain and return **spaghetti** to the same pot, off heat.

3



Start Alfredo sauce

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **bacon**. Cook, stirring often, until **bacon** is cooked through and starting to crisp, 4-5 min.**
- Add **garlic, onions** and **peas**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** soften slightly, 3-4 min.

4



Finish Alfredo sauce

- When **veggies** soften, stir in **cream** and **reserved pasta water**. Bring to a boil.
- Once boiling, reduce heat to medium. Cook, stirring occasionally, until **sauce** thickens slightly, 3-4 min.

5



Make salad

- Meanwhile, combine **vinegar**, **1 tsp** (2 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a large bowl.
- Add **tomatoes** and **spring mix**. Season with **salt** and **pepper**, then toss to combine.

6



Finish and serve

+ Add | Chicken Tenders

- Add **Alfredo sauce, parsley** and **half the Parmesan** to the pot with **spaghetti**. Season with **salt** and **pepper**, then toss to combine.
- Divide **pasta** and **salad** between plates.
- Sprinkle **remaining Parmesan** over top.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Cook chicken tenders

+ Add | Chicken Tenders

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 2-3 min. Flip, then cover and continue cooking, until cooked through, 2-3 min.** Transfer to a plate. Cover to keep warm. Reuse the same pan to cook **bacon** in step 3.

6 | Finish and serve

+ Add | Chicken Tenders

Top final plates with **chicken**.

* 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 71°C/160°F and 74°C/165°F respectively, as size may vary.



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