



SEP
2016

Creamy Orecchiette

with Brussels Sprouts, Bacon and Mixed Mushrooms

Orecchiette (meaning “little ears” in Italian) is one of our favourite pasta shapes because of its ability to hold in delicious sauces. In this dish, double-smoked bacon, mixed mushrooms, and shredded Brussels sprouts are tossed into a light, creamy sauce flavoured with Parmesan, garlic, and woody herbs.



Brussels Sprouts



Double-Smoked
Bacon



Mixed Mushrooms



Chicken Broth
Concentrate



Orecchiette



Thyme



Sage



Lemon



Parmesan Cheese



Garlic

Ingredients

	2 People	4 People
Brussels Sprouts, shredded	1 pkg (113 g)	2 pkg (227 g)
Double-Smoked Bacon	1 pkg (100 g)	2 pkg (200 g)
Mixed Mushrooms	1 pkg (113 g)	2 pkg (227 g)
Chicken Broth Concentrate	1	2
Orecchiette	1) 1 pkg (170 g)	2 pkg (340 g)
Garlic	2 cloves	4 cloves
Thyme	1 pkg (7 g)	1 pkg (7 g)
Sage	1 pkg (7 g)	1 pkg (7 g)
Lemon	1	1
Parmesan Cheese, shredded	2) 1 pkg (¼ cup)	2 pkg (½ cup)
Olive or Canola Oil*		

*Not Included

Allergens

1) Wheat/Blé

2) Milk/Lait

Tools

Large Pot, Strainer, Large Non-Stick Pan, Zester, Measuring Cups, Measuring Spoons

Nutrition per person Calories: 728 cal | Carbs: 91 g | Fat: 31 g | Protein: 33 g | Fiber: 12 g | Sodium: 857 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Mince or grate the **garlic**. Strip **2 tsp thyme leaves** (double for 4 people) from the stem. Finely chop **1 tsp sage** (double for 4 people.) Zest, then juice the **lemon**. Remove any stems from the **mushrooms**, then thinly slice. Chop the **bacon** into ½-inch cubes.



2 Cook the pasta: Add the **pasta** to the boiling water and cook for 8-10 min, until al dente. Drain, reserving **⅓ cup pasta water** (double for 4 people).

3 Cook the bacon: Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then **bacon**. Cook, stirring often, until golden brown and crispy, 4-5 min. Transfer to a plate.



4 Add the **mushrooms** and **brussels sprouts** to the same pan and cook, stirring often, until golden brown, for 4-5 min. Transfer to the same plate with the bacon.

5 Make the sauce: Add the **garlic**, **sage**, and **thyme** to the pan and cook for 30 sec, until fragrant. Add the **broth concentrate**, **lemon juice** (to taste) and reserved **pasta water** to the pan. Bring to a simmer for 2-3 min, until slightly thickened.

6 Add the **drained pasta**, **lemon zest**, **bacon**, **brussels sprouts**, **mushroom** and **half the Parmesan** into the sauce. Stir to coat.

7 Finish and serve: Divide the **pasta** into bowls. Sprinkle with the remaining **Parmesan cheese** on top and enjoy!

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