



APR
2017

Double-Smoked Bacon Fusilli

with Toasted Garlic and Zucchini

Aglio e olio is a staple Italian pasta dish, made by lightly toasting garlic and chili flakes in olive oil! If you love garlic, you will love this recipe. A topping of crispy pan-fried double-smoked bacon is the proverbial cherry on top.

 Prep
30 min



Double-Smoked
Bacon



Fusilli



Zucchini



Garlic



Parsley




Parmesan Cheese



Chili Flakes

Ingredients

	2 People	4 People	
Double-Smoked Bacon	1 pkg (150 g)	2 pkg (300 g)	
Fusilli	1 pkg (170 g)	2 pkg (340 g)	
Zucchini	1	2	
Garlic	2 pkg (20 g)	4 pkg (40 g)	
Parsley	1 pkg (10 g)	1 pkg (10 g)	
Parmesan Cheese	1 pkg (½ cup)	2 pkg (1 cup)	
Chili Flakes 	1 pkg (½ tsp)	1 pkg (½ tsp)	
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Medium Pot, Large Non-Stick Pan, Strainer

Ruler

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Nutrition per person Calories: 960 cal | Fat: 59 g | Protein: 29 g | Carbs: 91 g | Fibre: 4 g | Sodium: 1483 mg

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



1 Prep: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Cut the **bacon** into ½-inch cubes. Cut the **zucchini** into ½-inch cubes. Mince or grate the **garlic**. Finely chop the **parsley**.



2 Cook the pasta: Add the **fusilli** to the **boiling water**. Cook until tender, 9-10 min.

3 Crisp the bacon: Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **bacon**. Cook, stirring occasionally, until the bacon edges are crispy, 6-7 min. Transfer to a paper towel-lined plate.



4 Cook the zucchini: Add the **zucchini** to the same pan. Cook, stirring occasionally, until golden-brown and tender, 3-4 min. Transfer to the same plate as the **bacon**.



5 Toast the garlic: Reduce the heat to medium-low. Add another drizzle of **oil** to the pan, then the **garlic** and as much **chili flakes** as you like. Cook, stirring often, until the garlic just starts to turn golden, 2-3 min. (**TIP:** Keep your eye on the garlic so it doesn't burn!)

6 Assemble the pasta: Drain the **pasta**, then stir into the **garlic-oil mixture**. Add the **zucchini**, **bacon**, **Parmesan** and **parsley**. Stir to combine.

7 Finish and serve: Divide the **pasta** between bowls. Enjoy!

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