



Bacon Linguine Amatriciana with Cheese and Spinach

Family 30-35 Minutes • 3 of your 5 a day

3



Garlic Clove



Red Onion



Bacon Lardons



Sun-Dried
Tomato Paste



Linguine



Finely Chopped
Tomatoes with Basil



Chicken Stock Paste



Worcester Sauce



Grated Hard
Italian Style Cheese



Baby Spinach



Balsamic Glaze



Diced Chicken
Breast

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Red Onion**	1	2	2
Bacon Lardons**	90g	120g	180g
Sun-Dried Tomato Paste	25g	38g	50g
Linguine 13	180g	270g	360g
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Worcester Sauce 13	15g	23g	30g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Baby Spinach**	40g	100g	100g
Balsamic Glaze 14	12ml	18ml	24ml
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	487g	100g	617g	100g
Energy (kJ/kcal)	2943 /703	604 /144	3590 /858	582 /139
Fat (g)	18.9	3.9	21.2	3.4
Sat. Fat (g)	7.5	1.5	8.1	1.3
Carbohydrate (g)	98.6	20.2	98.7	16.0
Sugars (g)	28.5	5.8	28.6	4.6
Protein (g)	31.8	6.5	63.3	10.3
Salt (g)	5.33	1.09	5.52	0.90

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

Peel and grate the **garlic** (or use a garlic press).

Halve, peel and chop the **red onion** into small pieces.



Bring on the Bacon

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **bacon lardons** and **onion** and stir-fry until golden, 6-7 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

Add the **garlic** and **sun-dried tomato paste** and stir-fry for 1 min more.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the frying pan with the **bacon**. Fry until golden brown and cooked through, 8-10 mins, then continue with the recipe as instructed.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Add the Flavour

Stir the **chopped tomatoes**, **chicken stock paste**, **Worcester sauce**, **sugar** and **water for the sauce** (see pantry for both amounts) into the **bacon** pan. Bring to the boil, then reduce the heat to low.

Simmer until thickened, 8-10 mins.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins, then remove from the heat.



Combine and Stir

Once the **pasta** is cooked, add to your **sauce** with **half** the **Italian style hard cheese**.

Toss to coat, then season to taste with **salt** and **pepper**. Add a splash of **water** if it's a little thick.

Warm through until piping hot, 1-2 mins.



Cook the Pasta

Meanwhile, when your pan of **water** is boiling, add the **linguine** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Finish and Serve

Share the **bacon linguine** between your bowls and sprinkle with the remaining **cheese**.

Finish with a drizzle of the **balsamic glaze**.

Enjoy!