



French Onion Style Creamy Pasta with Bacon and Mushrooms

Classic 35-40 Minutes • 2 of your 5 a day

8



Red Onion



Garlic Clove



Bacon Lardons



Cider Vinegar



Sliced Mushrooms



Rigatoni Pasta



Chicken Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Diced Chicken Breast

Pantry Items

Oil, Salt Pepper, Sugar, Butter, Plain Flour

CUSTOM RECIPE

If you chose to add or double up on 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

Garlic press, frying pan, bowl, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Red Onion	2	3	4
Garlic Clove**	2	3	4
Bacon Lardons**	90g	150g	180g
Cider Vinegar 14)	15ml	23ml	30ml
Sliced Mushrooms**	80g	120g	160g
Rigatoni Pasta 13)	180g	270g	360g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	406g	100g	536g	100g
Energy (kJ/kcal)	3346 / 800	824 / 197	3993 / 954	745 / 178
Fat (g)	36.7	9.0	39.0	7.3
Sat. Fat (g)	19.8	4.9	20.4	3.8
Carbohydrate (g)	87.1	21.5	87.3	16.3
Sugars (g)	16.5	4.1	16.6	3.1
Protein (g)	30.3	7.5	61.7	11.5
Salt (g)	2.87	0.71	3.06	0.57

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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Fry the Bacon

Halve, peel and thinly slice the **red onions**. Peel and grate the **garlic** (or use a garlic press).

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

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Caramelize the Onions

Once the **bacon** is cooked, transfer to a small bowl and set aside. Keep the **bacon fat** in the pan.

Return the (now empty) pan back to medium-high heat, with an extra drizzle of **oil** if it needs it.

Once hot, add the **onion**. Season with **salt** and **pepper** and fry, stirring occasionally, until softened, 5-6 mins.

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **rigatoni**.



Add the Mushrooms

Once the **onions** have softened, stir in the **cider vinegar** and **sugar** (see pantry for amount) and cook until evaporated, 1-2 mins.

Next, add in the **sliced mushrooms** and continue cooking until the **mushrooms** have browned, 5-6 mins.

CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan with the **mushrooms**. Fry until browned all over, 5-6 mins, then add the **garlic** and continue as instructed, making sure the **chicken** is cooked through in Step 5. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Pasta Time

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

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

Once the **mushrooms** have browned, add the **garlic** and cook for 1 min more. Add the **butter** and **flour** (see pantry for both amounts) to the pan and cook, stirring, for 1-2 mins.



Bring it Together

Stir in the **water for the sauce** (see pantry for amount), **chicken stock paste** and **creme fraiche**. Reduce to medium heat, and simmer until the **sauce** has thickened, 4-5 mins.

Once thickened, add the **bacon**, **cooked pasta** and **half the cheese**. Add a splash of **water** if it's a little too thick. Taste and season with more **salt** and **pepper** if needed.



Serve

Share your **French onion style pasta** between your serving bowls.

Finish with a sprinkle of the remaining **cheese**.

Enjoy!