



Creamy Truffled Bacon and Pea Spaghetti with Italian Style Cheese

Classic 20-25 Minutes • 1 of your 5 a day

8



Garlic Clove



Echalion Shallot



Spaghetti



Bacon Lardons



Chicken Stock
Paste



Creme Fraiche



Peas



Grated Hard
Italian Style Cheese



Truffle Zest



Diced Chicken
Breast

Pantry Items

Oil, Salt, Pepper

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

Saucepan, garlic press, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Echalion Shallot**	1	1	2
Spaghetti 13	180g	270g	360g
Bacon Lardons**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Truffle Zest	1 sachet	2 sachets	2 sachets
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	303g	100g	433g	100g
Energy (kJ/kcal)	3116 /745	1030 /246	3763 /899	870 /208
Fat (g)	34.8	11.5	37.2	8.6
Sat. Fat (g)	18.9	6.3	19.6	4.5
Carbohydrate (g)	80.6	26.6	80.7	18.7
Sugars (g)	10.3	3.4	10.4	2.4
Protein (g)	27.7	9.2	59.2	13.7
Salt (g)	2.20	0.73	2.39	0.55

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

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 Prepping

Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **spaghetti**.

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

Halve, peel and chop the **shallot** into small pieces.



Cook the Pasta

When your pan of **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

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

While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.



Time to Fry

Once the **oil** is hot, add the **bacon lardons** and **shallot**. Stir-fry until the **bacon** is cooked and the **shallot** has softened, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

CUSTOM RECIPE

If you've chosen to add **diced chicken**, add it to the pan with the **bacon** and the **shallot**. Fry until golden brown all over, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Simmer your Sauce

Once the **bacon** is cooked and the **shallot** has softened, add the **garlic** and stir-fry until fragrant, 1 min.

Stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 3-4 mins.



Combine and Stir

Once the **sauce** has thickened, stir in the **creme fraiche**, **peas** and **cheese**.

Add the **cooked spaghetti** and toss to coat in the **sauce** until warmed through. Season to taste with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.

Stir in the **truffle zest**, then remove from the heat.



Serve

Share the **truffled bacon and pea pasta** between your bowls.

Enjoy!