



Linguine in Creamy Bacon Sauce with Peas, Rocket and Balsamic Drizzle

Family 25-30 Minutes

10



Linguine



Garlic Clove



Bacon Lardons



Chicken Stock Paste



Creme Fraiche



Peas



Grated Hard Italian Style Cheese



Rocket



Balsamic Glaze



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

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
Linguine 13	180g	270g	360g
Garlic Clove**	2	3	4
Bacon Lardons**	90g	120g	180g
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7 8	20g	30g	40g
Rocket**	20g	40g	40g
Balsamic Glaze 14	12ml	12ml	24ml
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	125ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	308g	100g	438g	100g
Energy (kJ/kcal)	3269 / 781	1063 / 254	3917 / 936	895 / 214
Fat (g)	37.8	12.3	40.1	9.2
Sat. Fat (g)	20.0	6.5	20.7	4.7
Carbohydrate (g)	81.1	26.4	81.3	18.6
Sugars (g)	12.3	4.0	12.4	2.8
Protein (g)	29.3	9.5	60.8	13.9
Salt (g)	2.48	0.81	2.68	0.61

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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Cook the Pasta

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

When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until tender, 12 mins.



Garlic Time

While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press).



Fry the Bacon

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **bacon lardons** and stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly. Stir in the **garlic** and cook for 1 min more.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan with the **bacon**. 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 4. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Make your Creamy Sauce

Stir the **water for the sauce** (see pantry for amount), **chicken stock paste** and **crema fraiche** into the **bacon**.

Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.

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



Stir and Combine

Once the **sauce** has thickened, stir through the **cooked pasta**, **peas** and the **hard Italian style cheese**.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



Finish and Serve

Share the **creamy bacon linguine** between your bowls.

Top with a handful of **rocket** and drizzle with the **balsamic glaze** to finish.

Enjoy!