



Creamy Bacon and Mustard Penne

with Pear and Blue Cheese Salad

Rapid 20 Minutes • 1 of your 5 a day

15



Garlic Clove



Pear



Wild Rocket



Penne Pasta



Bacon Lardons



Chicken Stock Paste



Wholegrain Mustard



Creme Fraiche



Grated Hard Italian Style Cheese



Cider Vinegar



Blue Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, bowl, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Pear**	1	1	2
Wild Rocket**	40g	60g	80g
Penne Pasta 13)	180g	270g	360g
Bacon Lardons**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Wholegrain Mustard 9)	17g	25g	34g
Creme Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Cider Vinegar 14)	15ml	15ml	30ml
Blue Cheese** 7)	30g	45g	60g
Bacon Lardons**	120g	180g	240g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	358g	100g	388g	100g
Energy (kJ/kcal)	3497 / 836	978 / 234	3822 / 913	986 / 236
Fat (g)	43.8	12.3	49.9	12.9
Sat. Fat (g)	22.4	6.3	24.3	6.3
Carbohydrate (g)	81.7	22.9	82.3	21.2
Sugars (g)	16.9	4.7	16.9	4.4
Protein (g)	27.6	7.7	32.7	8.4
Salt (g)	2.89	0.81	3.71	0.96

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

Allergens

7) Milk **8)** Egg **9)** Mustard **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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1 Prep the Salad

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

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

c) Quarter the **pear** lengthways and remove the core (no need to peel). Thinly slice each quarter widthways, then put into a large bowl. Add the **rocket leaves** and set aside.



4 Combine and Stir

a) When the **sauce** is boiling, add the **creme fraiche** and **half the hard Italian style cheese**. Stir to melt the **cheese**, then simmer for 1-2 mins.

b) Once smooth, stir the **cooked pasta** through the **sauce** and cook until piping hot, 1-2 mins.

IMPORTANT: Cook bacon thoroughly.

c) Taste and season with **salt** and **pepper**.



2 Cook the Pasta

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

b) Once cooked, drain in a colander and pop back into the pan.

c) Drizzle with **oil** and stir through to stop it sticking together.



5 Add the Blue Cheese

a) Meanwhile, in a small bowl, combine the **sugar for the dressing** (see pantry for amount), **cider vinegar** and remaining **mustard**.

b) Mix in the **olive oil for the dressing** (see pantry for amount) and season with **salt** and **pepper**.

c) Pour the **dressing** into the bowl of **rocket**, then add the **blue cheese**. Combine, then set aside.



3 Start the Bacon Sauce

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

b) Once hot, add the **bacon lardons** and stir-fry until golden, 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

c) Add the **garlic** and cook, stirring, for 1 min.

d) Stir in the **water for the sauce** (see pantry for amount), **chicken stock paste** and **half the mustard**, then bring to the boil.

CUSTOM RECIPE

If you've chosen to double up on **bacon lardons**, cook the recipe in the same way.



6 Serve

a) Share the **creamy penne** between your bowls and top with the remaining **hard Italian style cheese**.

b) Serve the **salad** alongside.

Enjoy!