










Cheese and Spinach Penne Bake with Bacon Crumb

Family 35-40 Minutes

10



-  Mature Cheddar Cheese
-  Penne Pasta
-  Baby Spinach
-  Bacon Lardons
-  Panko Breadcrumbs
-  Chicken Stock Paste
-  Creme Fraiche
-  Mixed Herbs
-  Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper, 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, grater, colander, frying pan, bowl and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	90g	150g	180g
Penne Pasta 13)	180g	270g	360g
Baby Spinach**	40g	60g	80g
Bacon Lardons**	60g	90g	120g
Panko Breadcrumbs13)	25g	50g	50g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
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	282g	100g	412g	100g
Energy (kJ/kcal)	3843 /918	1363 /326	4490 /1073	1090 /261
Fat (g)	51.9	18.4	54.3	13.2
Sat. Fat (g)	27.8	9.9	28.4	6.9
Carbohydrate (g)	79.6	28.2	79.7	19.4
Sugars (g)	5.9	2.1	6.0	1.5
Protein (g)	33.2	11.8	64.6	15.7
Salt (g)	2.80	0.99	3.00	0.73

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

Allergens

7) Milk 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 Grating

Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Grate the **Cheddar cheese**.



Make the Creamy Sauce

Pop your (now empty) frying pan back on medium-high heat (no need to clean).

Add the **chicken stock paste**, **creme fraiche**, **mixed herbs** and **water for the sauce** (see pantry for amount) to the pan. Stir to combine. Bring to the boil, then lower the heat and simmer until slightly thickened, 2-3 mins.

Stir through **half the cheese** until melted. Taste and season if needed. Remove from the heat.

CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan before the **sauce** ingredients with a drizzle of **oil** (if needed). Cook until golden, 5-6 mins, then add the **sauce** ingredients and continue as instructed. The **chicken** will cook through in the next step. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.**



Bring on the Pasta and Veg

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

Pop the **spinach** into a colander in your sink.

Once the **pasta** is cooked, drain it over the **spinach** until wilted and piping hot. Drizzle the **penne** with a little **oil** to prevent it from sticking. Set aside.

Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.



Assemble and Bake

Stir the **cooked pasta** and **wilted spinach** into your pan of **creamy sauce** until combined. Add a splash of **water** to loosen the **sauce** if it's a little thick.

Pour the **creamy pasta** into an ovenproof dish. Sprinkle over the remaining **cheese**, then top evenly with the **bacon crumb**. Bake on the top shelf of your oven until golden, 8-10 mins. **IMPORTANT: Cook bacon thoroughly.**



Bacon Crumb Time

Once the **oil** is hot, add the **bacon lardons** and stir-fry until lightly browned, 3-4 mins.

IMPORTANT: Wash your hands and equipment after handling raw meat.

In a bowl, mix the **bacon** and its **fat** with the **breadcrumbs** and **olive oil for the crumb** (see pantry for amount). Season, then set aside.



Finish and Serve

When everything's ready, serve the **penne bake** between your bowls.

Enjoy!