



Presto Bacon and Mushroom Linguine with Tenderstem® Broccoli and Cheese

Family 20 Minutes • 1 of your 5 a day

10



Linguine



Sliced Mushrooms



Bacon Lardons



Garlic Clove



Tenderstem® Broccoli



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese



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

Kettle, saucepan, frying pan, garlic press and colander.

Ingredients

Ingredients	2P	3P	4P
Linguine 13)	180g	270g	360g
Sliced Mushrooms**	80g	120g	120g
Bacon Lardons**	60g	90g	120g
Garlic Clove**	1	2	2
Tenderstem® Broccoli**	150g	200g	200g
Creme Fraiche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Reserved Pasta Water*	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	327g	100g	458g	100g
Energy (kJ/kcal)	2998 / 717	916 / 219	3646 / 871	797 / 190
Fat (g)	34.8	10.6	37.1	8.1
Sat. Fat (g)	19.2	5.9	19.8	4.3
Carbohydrate (g)	72.8	22.2	72.9	15.9
Sugars (g)	7.2	2.2	7.4	1.6
Protein (g)	26.5	8.1	57.9	12.7
Salt (g)	2.07	0.63	2.27	0.50

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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Cook the Pasta

- Fill and boil your kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- Add the **linguine**. Bring back to the boil.
- Cook until tender, 12 mins.



Add the Tenderstem®

- Once the **mushrooms** and **bacon** are golden, stir in the **garlic** and cook for 30 secs.
- When the **pasta** has 4 mins left, add the **Tenderstem®** to the same pan and cook for the remaining time.
- Once the **pasta** and **Tenderstem®** are cooked, reserve some of the **pasta water** (see pantry for amount), then drain in a colander. Drizzle with **oil** and stir through to prevent it sticking.



Get Frying

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **sliced mushrooms** and **bacon lardons**. Cook, stirring occasionally, until golden all over, 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

CUSTOM RECIPE

If you've chosen to add **diced chicken**, fry it before the **mushrooms** and **bacon**. Cook until browned all over, 5-6 mins, then remove from the pan. Fry the **mushrooms** and **bacon** as instructed, then return the cooked chicken to the pan. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in*



Bring on the Sauce

- Stir the **reserved pasta water**, **creme fraiche** and **chicken stock paste** into the **mushrooms** and **bacon**, simmer for 2-3 mins.
- Add the **cooked pasta**, **broccoli** and **Italian style cheese** to the **sauce** and gently toss to coat.
- Add another splash of **water** if the **sauce** is a bit thick. Season to taste with **salt** and **pepper**.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **Tenderstem® broccoli** widthways.



Serve

- Share the **bacon and mushroom linguine** between your bowls.

Enjoy!