



# Parma Ham Pasta in Creamy Garlic Sauce with Tenderstem® Broccoli and Ciabatta

Quick 20 Minutes

5



Tenderstem® Broccoli



Garlic Clove



Chicken Stock Paste



Parma Ham & Parmigiano Reggiano Filled Pasta



Ciabatta



Creme Fraiche



Grated Hard Italian Style Cheese



Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Butter, 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

Garlic press, frying pan, kettle, saucepan, colander and toaster.

## Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	1	2	2
Chicken Stock Paste	10g	15g	20g
Parma Ham & Parmigiano Reggiano Filled Pasta** (7) 8) 13)	250g	375g	500g
Ciabatta 13)	1	2	2
Crème Fraîche** (7)	75g	150g	150g
Grated Hard Italian Style Cheese** (7) 8)	20g	40g	40g
Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	100ml	150ml	200ml
Butter*	30g	45g	60g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	330g	100g	375g	100g
Energy (kJ/kcal)	2961 / 708	897 / 214	3448 / 824	920 / 220
Fat (g)	39.1	11.8	48.2	12.9
Sat. Fat (g)	23.1	7.0	26.0	6.9
Carbohydrate (g)	67.2	20.4	68.1	18.2
Sugars (g)	8.7	2.7	8.8	2.3
Protein (g)	22.5	6.8	30.2	8.1
Salt (g)	3.86	1.17	5.09	1.36

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, cereals containing 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 Prepped

- Cut the **Tenderstem® broccoli** into thirds.
- Peel and grate the **garlic** (or use a garlic press).



## Garlic Butter Sauce Time

- Heat a drizzle of **oil** in a large frying pan on medium heat.
- Once hot, add the **garlic** and fry for 30 secs.
- 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 for 1-2 mins.
- Stir in the **butter** (see pantry for amount) until melted. Simmer until thickened, 2-3 mins.

## CUSTOM RECIPE

If you've chosen to add **bacon**, add to the pan before the **garlic** on medium-high heat. Stir-fry, 4-5 mins, then add the **garlic** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Toast your Ciabatta

- If you don't have a toaster, preheat your oven to 220°C/200°C fan/gas mark 7 for the **ciabatta**. Halve the **ciabatta**.
- If you're using the toaster, toast the **ciabatta** in your toaster until golden. If you're using the oven, pop into the oven to warm through, 2-3 mins.
- Once toasted, drizzle some **olive oil** over the **ciabatta**.



## All Together Now

- Once the **sauce** has thickened, stir in the **crème fraîche** and cook for 1-2 mins.
- Add the **cooked pasta, broccoli** and **hard Italian style cheese** to the pan.
- Gently stir to melt the **cheese** and combine everything together.



## Cook the Pasta

- Meanwhile, boil a full kettle.
- Pour the **boiled water** into a saucepan with  $\frac{1}{2}$   **tsp salt** and bring back to the boil.
- Add the **pasta** and **broccoli**. Cook until tender, 3-4 mins.
- Once cooked, carefully drain in a colander. Drizzle with **oil** and stir through to stop it sticking together.



## Serve Up

- Share your **creamy garlic butter pasta** between your serving plates.
- Serve with your **toasted ciabatta** alongside.

## Enjoy!