



Presto Bacon and Mushroom Linguine with Asparagus and Cheese

Quick 20 Minutes • 1 of your 5 a day

14



Linguine



Sliced Mushrooms



Bacon Lardons



Garlic Clove



Asparagus



Double Cream



Chicken Stock
Paste



Grated Hard
Italian Style Cheese



Bacon Lardons

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
Asparagus**	100g	200g	200g
Double Cream 7	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8	20g	30g	40g
Bacon Lardons**	60g	90g	120g
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	353g	100g	383g	100g
Energy (kJ/kcal)	2854 /682	810 /193	3179 /760	831 /199
Fat (g)	33.4	9.5	39.5	10.3
Sat. Fat (g)	20.8	5.9	22.7	5.9
Carbohydrate (g)	69.2	19.6	69.8	18.2
Sugars (g)	6.7	1.9	6.7	1.8
Protein (g)	24.6	7.0	29.7	7.8
Salt (g)	2.56	0.73	3.38	0.88

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. Be careful when adding water to hot pans while cooking. Be careful when adding water to hot pans while cooking.

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 **pasta** and bring back to the boil. Cook until tender, 12 mins.



Add the Asparagus

- Once the **mushrooms** and **bacon** are golden, stir in the **garlic** and cook for 30 secs.
- When the **pasta** has 3 mins left, add the **asparagus** to the same pan and cook for the remaining time.
- Once the **pasta** and **asparagus** 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.



Start 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, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **bacon** thoroughly.

CUSTOM RECIPE

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



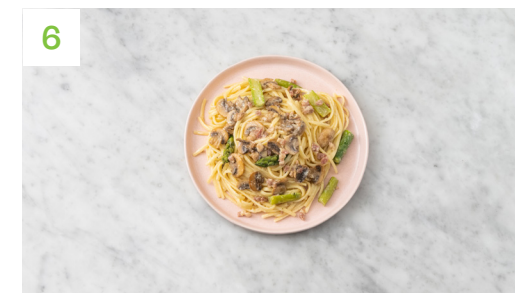
Bring on the Sauce

- Stir the **reserved pasta water**, **double cream** and **chicken stock paste** into the **mushrooms** and **bacon**, simmer for 2-3 mins.
- Add the **cooked pasta**, **asparagus** and **hard 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).
- Trim the bottom 2cm from the **asparagus** and discard. Halve the **asparagus** widthways.



Serve

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

Enjoy!