



Cheese and Spinach Penne Bake with Bacon Crumb

Family 35-40 Minutes

3



Mature Cheddar Cheese



Penne Pasta



Baby Spinach



British Smoked Bacon Lardons



Breadcrumbs



Chicken Stock Paste



UHT Cooking Cream



Diced British 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
British Smoked Bacon Lardons**	60g	90g	120g
Breadcrumbs 13)	25g	50g	50g
Chicken Stock Paste	10g	15g	20g
UHT Cooking Cream** 7)	150g	225g	300g
Diced British Chicken Breast**	240g	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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	332g	100g	462g	100g
Energy (kJ/kcal)	3782 /904	1141 /273	4429 /1059	960 /229
Fat (g)	50.4	15.2	52.8	11.4
Sat. Fat (g)	29.5	8.9	30.1	6.5
Carbohydrate (g)	78.3	23.6	78.4	17.0
Sugars (g)	6.0	1.8	6.1	1.3
Protein (g)	32.5	9.8	64.0	13.9
Salt (g)	2.95	0.89	3.15	0.68

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, mollusc, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Prepped

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 Sauce

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

Add the **chicken stock paste**, **cooking cream** 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. Remove from the heat.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan before the **sauce** ingredients. Fry, 5-6 mins. The **chicken** will cook through while simmering. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.*



Cook the Pasta

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. Once wilted, squeeze out all of the excess **water** from the **spinach** with the back of a spoon.

Drizzle over a little **oil** to prevent the **penne** from sticking. Set aside.



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

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

Once 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 with **salt** and **pepper**, then set aside.



Finish and Serve

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

Enjoy!