



# Italian Inspired Bacon and Pesto Pilaf with Cheese and Sun-Dried Tomato

10

Family 40-45 Minutes • 1 of your 5 a day



Onion



Garlic Clove



British Smoked Bacon Lardons



Basmati Rice



Chicken Stock Paste



Baby Plum Tomatoes



Baby Spinach



Pesto



Sun-Dried Tomato Paste



Greek Style Natural Yoghurt



Greek Style Salad Cheese



British Smoked Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Sugar

### + Double Bacon Lardons

If you chose to double bacon, then just follow the instructions on the back of this card.

Happy cooking!

This Italian Inspired Bacon and Pesto Pilaf combines the Indian technique of pilaf, a sautéed rice dish, with Italian flavours. Bacon is used here as a cheat's pancetta alongside the flavours of green pesto and sun-dried tomato.





## 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, garlic press and lid.

## Ingredients

Ingredients	2P	3P	4P
Onion	1	1½	2
Garlic Clove**	3	4	6
British Smoked Bacon Lardons**	60g	90g	120g
Basmati Rice	150g	225g	300g
Chicken Stock Paste	15g	25g	30g
Baby Plum Tomatoes	125g	190g	250g
Baby Spinach**	40g	70g	100g
Pesto** 7)	32g	48g	64g
Sun-Dried Tomato Paste	25g	37g	50g
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Greek Style Salad Cheese** 7)	50g	75g	100g
British Smoked Bacon Lardons**	60g	90g	120g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Rice*	300ml	450ml	600ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	516g	100g	546g	100g
Energy (kJ/kcal)	2595/620	503/120	2920/698	535/128
Fat (g)	24.5	4.7	30.5	5.6
Sat. Fat (g)	9.9	1.9	11.9	2.2
Carbohydrate (g)	82.1	15.9	82.7	15.2
Sugars (g)	13.2	2.6	13.2	2.4
Protein (g)	21.9	4.3	27.1	5.0
Salt (g)	3.85	0.75	4.67	0.86

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


## Allergens

### 7) Milk

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

 You can recycle me!

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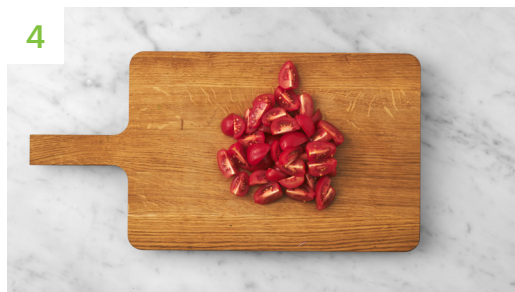


## Start the Prep

Halve, peel and chop the **onion** into small pieces.

Heat a drizzle of **oil** and a knob of **butter** (if you have any) in a deep saucepan (with a tight-fitting lid) on medium heat. Once hot, add the **onion** and fry, stirring occasionally, until softened, 4-5 mins.

While the **onion** softens, peel and grate the **garlic** (or use a garlic press).



## Chop the Tomatoes

Meanwhile, quarter the **baby plum tomatoes**.



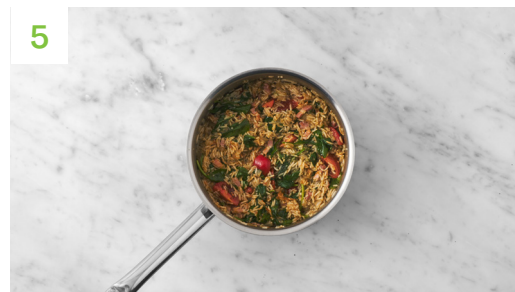
## Sizzle the Lardons

Once the **onion** has softened, add the **bacon lardons** to the saucepan. Stir-fry, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

Add in the **garlic**. Stir-fry for 1 min.

### + Double Bacon Lardons

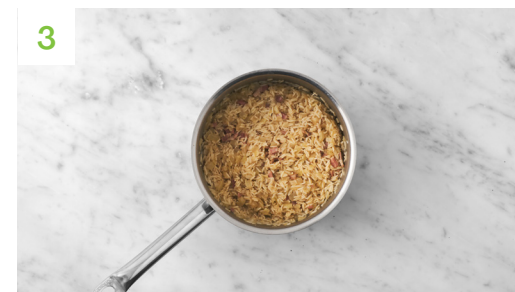
If you've chosen to double up on **bacon lardons**, cook the recipe in the same way.



## Finishing Touches

When the **rice** is cooked, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Stir through the **tomato chunks**, **pesto** and **sun-dried tomato paste** until well combined.

Taste the **rice** and season with **salt** and **pepper** if needed.



## Add the Rice

Stir the **rice** into the **onion** and **lardons** until coated, 1 min.

Pour in the **chicken stock paste** and the **sugar** and **water for the rice** (see pantry for both amounts). Bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Serve

Divide the **pilaf** between your bowls.

Drizzle the **yoghurt** on top and crumble over the **Greek style salad cheese** to finish.

## Enjoy!