











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

Calorie Smart 40-45 Minutes • 2 of your 5 a day



-  Onion
-  Garlic Clove
-  British Smoked Bacon Lardons
-  Basmati Rice
-  Chicken Stock Paste
-  Medium Tomato
-  Baby Spinach
-  Pesto
-  Sun-Dried Tomato Paste
-  Grated Hard Italian Style Cheese



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.

Pantry Items
Oil, Salt, Pepper, Sugar

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, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P
Onion	1	1½	2
Garlic Clove**	3	4	6
British Smoked Bacon Lardons**	90g	150g	180g
Basmati Rice	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Medium Tomato	2	3	4
Baby Spinach**	40g	70g	100g
Pesto 7)	32g	48g	64g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	503g 2425 /580	100g 482 /115
Fat (g)	21.7	4.3
Sat. Fat (g)	6.6	1.3
Carbohydrate (g)	80.2	15.9
Sugars (g)	10.8	2.2
Protein (g)	21.7	4.3
Salt (g)	3.42	0.68

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

Allergens

7) Milk 8) Egg

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

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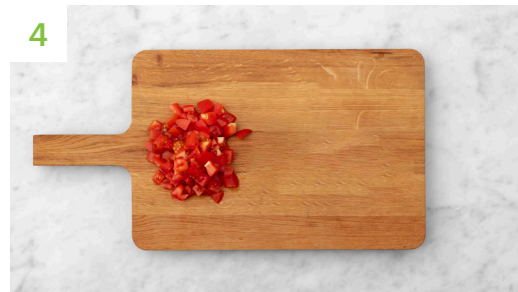
Start the Prep

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, cut the **tomatoes** into 1cm chunks.



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.



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 (the **rice** will continue to cook in its own steam).



Serve

Divide the **pilaf** between your bowls. Sprinkle over the **cheese** to finish.

Enjoy!