



# Pronto Bacon and Mushroom Linguine with Courgette and Cheese

Family 20 Minutes • 1 of your 5 a day

3



British Smoked Bacon Lardons



Courgette



Garlic Clove



Sliced Mushrooms



Linguine



Vegetable Stock Paste



Mixed Herbs



Creme Fraiche



Grated Hard Italian Style Cheese



British Smoked Bacon Lardons

**Pantry Items**  
Oil, Salt, Pepper

### + Double Bacon Lardons

If you chose to double bacon, 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, frying pan, garlic press, saucepan and colander.

## Ingredients

Ingredients	2P	3P	4P
British Smoked Bacon Lardons**	60g	90g	120g
Courgette**	1	1	2
Garlic Clove**	1	2	2
Sliced Mushrooms**	120g	180g	240g
Linguine <b>13</b>	180g	270g	360g
Vegetable Stock Paste	10g	15g	20g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Crème Fraîche** <b>7</b>	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g

British Smoked Bacon Lardons**	60g	90g	120g
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Pantry	2P	3P	4P
Water for the Sauce*	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	433g	100g	463g	100g
Energy (kJ/kcal)	2963/708	684/164	3288/786	710/170
Fat (g)	34.9	8.1	40.9	8.8
Sat. Fat (g)	19.1	4.4	21.0	4.5
Carbohydrate (g)	74.2	17.1	74.8	16.2
Sugars (g)	8.5	2.0	8.5	1.8
Protein (g)	24.8	5.7	29.9	6.5
Salt (g)	2.17	0.50	2.99	0.65


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, 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.

 You can recycle me!

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## Fry the Bacon

- Boil a full kettle for the **linguine**.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **bacon lardons** and stir-fry until golden, 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

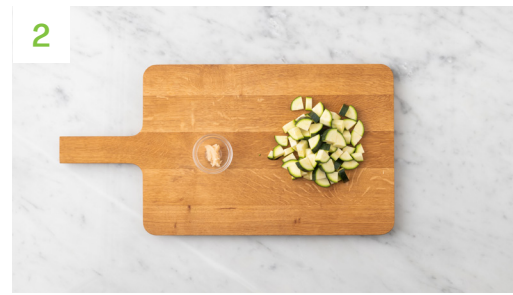
### + Double Bacon Lardons

If you're doubling up on **bacon lardons**, cook the recipe in the same way.



## Linguine Time

- Meanwhile, pour the **boiled water** from your kettle into a large saucepan on high heat.
- Add the **linguine** and  $\frac{1}{2}$  **tsp salt** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Get Prepped

- Meanwhile, trim the **courgette**, then quarter lengthways. Chop widthways into 1cm pieces.
- Peel and grate the **garlic** (or use a garlic press).



## Add the Veg

- Lower the heat to medium, then add the **sliced mushrooms** and **courgette** to the **lardons**.
- Cook, stirring occasionally, until the **veg** is softened and starting to brown, 4-5 mins.
- Add the **garlic** and cook until fragrant, 1 min. **IMPORTANT:** Cook lardons thoroughly.



## Bring on the Creamy Sauce

- Add the **water for the sauce** (see pantry for amount), **veg stock paste** and **mixed herbs** to the **bacon** pan.
- Stir and bring to the boil, then lower the heat and simmer until slightly reduced, 3-4 mins.
- Once reduced, stir in the **crème fraîche** and **half the hard Italian style cheese**. Add a splash of **water** if it's a little thick.



## Finish and Serve

- Add the **cooked pasta** to the **sauce**. Toss to coat and season to taste with **salt** and **pepper**.
- Serve your **bacon linguine** in bowls and sprinkle over the remaining **cheese**.

Enjoy!