



Bacon Linguine Amatriciana with Cheese and Balsamic Rocket Salad

10

Family 30-35 Minutes • 1 of your 5 a day



Chives



Garlic Clove



Medium Tomato



Bacon Lardons



Sun-Dried
Tomato Paste



Linguine



Finely Chopped
Tomatoes with
Onion and Garlic



Chicken Stock Paste



Worcester Sauce



Grated Hard Italian
Style Cheese



Rocket



Balsamic Glaze

Pantry Items
Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan and colander.

Ingredients

	2P	3P	4P
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Medium Tomato	1	2	2
Bacon Lardons**	90g	120g	180g
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Linguine 13)	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Worcester Sauce 13)	1 sachet	1½ sachets	2 sachets
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Rocket**	40g	60g	80g
Balsamic Glaze 14)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	445g	100g
Energy (kJ/kcal)	2774 /663	623 /149
Fat (g)	18.8	4.2
Sat. Fat (g)	7.4	1.7
Carbohydrate (g)	89.6	20.1
Sugars (g)	21.5	4.8
Protein (g)	30.8	6.9
Salt (g)	5.01	1.13

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

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, 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.

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Get Prepped

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

Roughly chop the **chives** (use scissors if easier). Peel and grate the **garlic** (or use a garlic press).

Thinly slice the **tomato**.



Add the Flavour

Stir the **chopped tomatoes, chicken stock paste, Worcester sauce, sugar** and **water for the sauce** (see ingredients for both amounts) into the **bacon** pan. Bring to the boil, then reduce the heat to low.

Simmer until thickened, 8-10 mins, then remove from the heat.



Start the Sauce

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

When the **oil** is hot, add the **bacon lardons** and stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

Add the **garlic** and **sun-dried tomato paste** and stir-fry for 1 min more.



Bring on the Linguine

Once the **pasta** is cooked, add to your **sauce** with **half the Italian style hard cheese**.

Toss to coat, then season to taste with **salt** and **pepper**. **TIP:** Add a splash of water if it's a little thick.

Warm through until piping hot, 1-2 mins.



Cook the Pasta

Meanwhile, when your pan of **water** is boiling, add the **linguine** 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.



Finish and Serve

Meanwhile, pop the **rocket** into a medium bowl with a drizzle of **olive oil**. Season with **salt** and **pepper** then toss to coat.

When ready, share the **bacon linguine** between your serving bowls and sprinkle over the remaining **cheese** and a scattering of **chives**.

Serve the **rocket** in bowls alongside topped with the **sliced tomato** and a drizzle of the **balsamic glaze**.

Enjoy!