



# Bacon Linguine Amatriciana with Cheese and Balsamic Rocket Salad

Family 30-35 Minutes • 2 of your 5 a day

3



Garlic Clove



Bacon Lardons



Sun-Dried  
Tomato Paste



Linguine



Finely Chopped  
Tomatoes



Chicken Stock  
Paste



Worcester Sauce



Grated Hard Italian  
Style Cheese



Rocket



Balsamic Glaze



Diced Chicken  
Breast

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade 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, garlic press, frying pan, colander and bowl.

## Ingredients

| Ingredients  | 2P       | 3P         | 4P        |
|--|----------|------------|-----------|
| Garlic Clove**   | 1        | 2          | 2         |
| Bacon Lardons**  | 90g      | 120g       | 180g      |
| Sun-Dried Tomato Paste                                   | 25g      | 38g        | 50g       |
| Linguine <b>13</b> )                                     | 180g     | 270g       | 360g      |
| Finely Chopped Tomatoes                                  | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Paste                                      | 10g      | 15g        | 20g       |
| Worcester Sauce <b>13</b> )                              | 15g      | 23g        | 30g       |
| Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> ) | 40g      | 60g        | 80g       |
| Rocket**   | 40g      | 60g        | 80g       |
| Balsamic Glaze <b>14</b> )                               | 12ml     | 18ml       | 24ml      |
| Diced Chicken Breast**                                   | 260g     | 390g       | 520g      |

| Pantry               | 2P    | 3P     | 4P    |
|----------------------|-------|--------|-------|
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| 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 | 417g          | 100g     | 547g        | 100g     |
| Energy (kJ/kcal)        | 2747 /657     | 659 /157 | 3394 /811   | 621 /148 |
| Fat (g)                 | 18.7          | 4.5      | 21.1        | 3.9      |
| Sat. Fat (g)            | 7.4           | 1.8      | 8.0         | 1.5      |
| Carbohydrate (g)        | 87.9          | 21.1     | 88.1        | 16.1     |
| Sugars (g)              | 21.0          | 5.0      | 21.2        | 3.9      |
| Protein (g)             | 30.7          | 7.4      | 62.1        | 11.4     |
| Salt (g)                | 4.11          | 0.99     | 4.31        | 0.79     |

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 **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.

## Contact

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## Get Prepped

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

Peel and grate the **garlic** (or use a garlic press).



## Fry the Bacon Fry the Bacon

Heat a drizzle of **oil** in a large frying pan on medium-high heat, then add the **bacon lardons** and stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

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



## 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.

## CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before the **bacon** and cook for 4-5 mins. Add the **bacon** and cook for a further 4-5 mins until golden. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Add the Sauce

Stir the **chopped tomatoes, chicken stock paste, Worcester sauce, sugar** and **water for the sauce** (see pantry 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.



## Bring on the Linguine

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

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

Warm through until piping hot, 1-2 mins.



## 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.

Share the **bacon linguine** between your bowls and sprinkle with the remaining **cheese**.

Serve the **rocket** in bowls alongside, topped with a drizzle of the **balsamic glaze**.

## Enjoy!