



# Bacon Penne all'Arrabbiata

with Chives and Cheesy Garlic Ciabatta

Customer Favourites 25-30 Minutes • Mild Spice • 3 of your 5 a day

38



Bell Pepper



Bacon Lardons



Finely Chopped Tomatoes with Basil



Smoked Paprika



Penne Pasta



Chicken Stock Paste



Garlic Clove



Ciabatta



Grated Hard Italian Style Cheese



Chives



Chilli Flakes

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil

## 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, baking tray, frying pan, garlic press, kitchen scissors and colander.

## Ingredients

| Ingredients  | 2P       | 3P         | 4P        |
|--|----------|------------|-----------|
| Bell Pepper***   | 1        | 2          | 2         |
| Bacon Lardons**  | 90g      | 120g       | 180g      |
| Finely Chopped Tomatoes with Basil                       | 1 carton | 1½ cartons | 2 cartons |
| Smoked Paprika   | 1 sachet | 1 sachet   | 2 sachets |
| Penne Pasta <b>13</b> )                                  | 180g     | 270g       | 360g      |
| Chicken Stock Paste                                      | 10g      | 15g        | 20g       |
| Garlic Clove**   | 1        | 2          | 2         |
| Ciabatta <b>13</b> )                                     | 1        | 2          | 2         |
| Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> ) | 40g      | 65g        | 80g       |
| Chives**   | 1 bunch  | 1 bunch    | 1 bunch   |
| Chilli Flakes  | 1 pinch  | 1 pinch    | 2 pinches |

| Pantry                          | 2P     | 3P     | 4P     |
|---------------------------------|--------|--------|--------|
| Sugar for the Sauce*            | ½ tsp  | ¾ tsp  | 1 tsp  |
| Olive Oil for the Garlic Bread* | 1 tbsp | 2 tbsp | 2 tbsp |

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g    |
|--|-------------|-------------|
|  | <b>495g</b> | <b>100g</b> |
| Energy (kJ/kcal)                       | 3217 /769   | 650 /155    |
| Fat (g)                                | 22.8        | 4.6         |
| Sat. Fat (g)                           | 7.9         | 1.6         |
| Carbohydrate (g)                       | 106.5       | 21.5        |
| Sugars (g)                             | 18.9        | 3.8         |
| Protein (g)                            | 33.9        | 6.8         |
| Salt (g)                               | 4.97        | 1.00        |

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, 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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## Roast the Pepper

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

Halve the **pepper** and discard the core and seeds. Slice into thin strips, then pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins.



## Garlic Ciabatta Time

While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press).

Halve the **ciabatta** and lay on the (now empty) **pepper** baking tray, cut-side up. Spread over the **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount). Sprinkle over **half the hard Italian style cheese**.

Bake the **garlic ciabatta** on the top shelf of your oven until golden, 5-6 mins.



## Start the Arrabbiata Sauce

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once 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.

Stir in the **chopped tomatoes**, **smoked paprika**, **chicken stock paste** and **sugar for the sauce** (see pantry for amount), then lower the heat and simmer gently until thickened, 8-10 mins. Add a splash of **water** if it gets too thick.



## Combine and Stir

Meanwhile, roughly chop the **chives** (use scissors if easier).

Once the **pasta** is cooked, drain in a colander and stir into the **sauce**.

Stir through the remaining **hard Italian style cheese** and **half the chives**. Add another splash of **water** to loosen if needed.



## Cook the Pasta

While the **sauce** simmers, add the **penne** to your pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

Meanwhile, once the **pepper** has roasted, stir it into the **sauce**.



## Serve

Spoon the **penne all'arrabbiata** into your bowls. Sprinkle with the remaining **chives** and a pinch of **chilli flakes** for those who'd like some heat (careful, they're hot).

Slice the **cheesy garlic ciabatta** diagonally into triangles and serve alongside.

## Enjoy!