

Creamy Bacon Pesto Pasta

with Green Beans and Grated Hard Italian Style Cheese

Family 20 Minutes • 1 of your 5 a day



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, saucepan, colander, garlic press and frying pan.

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Ingredients	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
Garlic Clove**	2	3	4
Green Beans**	150g	225g	300g
Bacon Lardons**	90g	150g	180g
Vegetable Stock Paste 10)	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Fresh Pesto** 7)	50g	64g	100g
Grated Hard Italian Style Cheese** 7) 8)	20g	20g	20g
Diced Chicken Breast**	260g	390g	520g
Devetory	2P	3P	4P
Pantry			
Mataufautha Courset	75.001	100	105-001

 Water for the Sauce*
 75ml
 100ml
 125ml

 *Not Included
 **Store in the Fridge
 100ml
 125ml

Nutrition

			Custom Recipe	
Typical Values	Per	Per 100g	Per	Per 100g
	serving	TOOG	serving	1009
for uncooked ingredient	330g	100g	460g	100g
Energy (kJ/kcal)	3606 /862	1093/261	4254/1017	925/221
Fat (g)	48.8	14.8	51.1	11.1
Sat. Fat (g)	22.2	6.7	22.9	5.0
${\rm Carbohydrate}(g)$	76.3	23.1	76.5	16.6
Sugars (g)	8.3	2.5	8.4	1.8
Protein (g)	27.1	8.2	58.5	12.7
Salt (g)	3.03	0.92	3.22	0.70

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

Allergens

7) Milk 8) Egg 10) Celery 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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Cook the Pasta

a) Boil a full kettle. Pour the **boiled water** into a large saucepan with ½ **tsp salt** on high heat.

b) Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.

c) Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

d) While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and cut into thirds.



Fry the Bacon and Beans

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

b) Once hot, add the **bacon lardons** and **green beans**. Stir-fry until golden, 4-5 mins. **IMPORTANT**: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before the **bacon** and **green beans** and cook for 4-5 mins, then add the **bacon** and **green beans** and cook for a further 4-5 mins until golden and cooked through. **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 Garlic

a) Once the **bacon** is cooked, drain any excess fat from the pan and pop back on the heat.

b) Add the **garlic** to the **bacon** and fry for 30 secs.



Bring on the Sauce

a) Stir the veg stock, creme fraiche and water for the sauce (see pantry for amount) into the pan. Cook until piping hot, 2-3 mins.

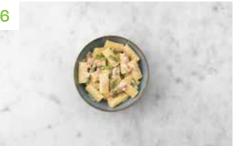
b) Add the **cooked pasta** to the **sauce** and stir to combine, then remove from the heat.



Hey Pesto

a) Stir the pesto and two thirds of the hard Italian style cheese into your creamy pasta.

b) Toss to coat.



Serve

a) Share your **creamy bacon pesto pasta** between your bowls.

b) Sprinkle over the remaining **cheese** to finish.

Enjoy!