



Creamy Bacon Pesto Pasta

with Green Beans and Grated Hard Italian Style Cheese

Family 20 Minutes • 1 of your 5 a day

1



Rigatoni Pasta



Garlic Clove



Green Beans



Bacon Lardons



Vegetable Stock Paste



Creme Fraiche



Fresh Pesto



Grated Hard Italian Style Cheese



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

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

Kettle, saucepan, colander, garlic press and frying pan.

Ingredients

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
Crème Fraîche** 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

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
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
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

- Boil a full kettle. Pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.
- While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and cut into thirds.



Bring on the Sauce

- Stir the **veg stock**, **crème fraîche** and **water for the sauce** (see pantry for amount) into the pan. Cook until piping hot, 2-3 mins.
- Add the **cooked pasta** to the **sauce** and stir to combine, then remove from the heat.



Fry the Bacon and Beans

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



Hey Pesto

- Stir the **pesto** and **two thirds** of the **hard Italian style cheese** into your **creamy pasta**.
- Toss to coat.



Add the Garlic

- Once the **bacon** is cooked, drain any excess fat from the pan and pop back on the heat.
- Add the **garlic** to the **bacon** and fry for 30 secs.



Serve

- Share your **creamy bacon pesto pasta** between your bowls.
- Sprinkle over the remaining **cheese** to finish.

Enjoy!