







More Than Food  
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

## Penne all'Arrabbiata with Smoked Pancetta and Fresh Basil

Food is described with an infinite number of adjectives but 'angry' is not one that immediately springs to mind. That's unless we're talking in Italian. This little dish is 'Arrabbiata,' (this means 'angry' in Italian), because of its spicy kick, but we'll let your family decide how much of a temper you want it to have. Given that this tasty recipe can be ready in the time it takes to boil your pasta, there's really nothing angry about it. So smile and tuck in!



20 mins



healthy



3 of your  
5 a day



family box



Red Pepper (2)



Garlic Clove (4)



Basil (1 bunch)



Pancetta (3 packs)



Chopped Tomatoes  
(2 tins)



Smoked Paprika  
(1½ tsp)



Penne  
(400g)




Parmesan Cheese  
(40g)

## 4 PEOPLE INGREDIENTS

- Red Pepper, sliced
- Garlic Clove, grated
- Basil, torn
- Pancetta

- 2** • Chopped Tomatoes **2 tins**
- 4** • Smoked Paprika **1½ tsp**
- 1 bunch** • Penne **400g**
- 3 packs** • Parmesan Cheese **40g**

 Our fruit and veggies may need a little wash before cooking!

**Did you know...**  
Basil leaves are a source of iron.

**Allergens:** Mustard, Gluten, Milk.

### Nutrition as per prepared and listed ingredients

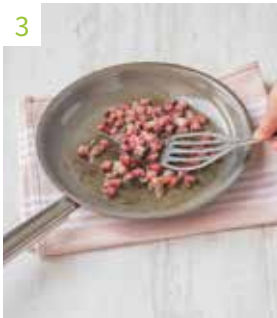
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	543 kcal / 2293 kJ	10 g	4 g	83 g	10 g	29 g	1 g
<b>Per 100g</b>	102 kcal / 431 kJ	2 g	1 g	16 g	2 g	5 g	0 g



**1** Preheat your oven to 200 degrees. Remove the core from the **black pepper** and slice lengthways into ½cm strips. Mix your **pepper** with a pinch of **salt** and a good grind of **black pepper** and a drizzle of **olive oil**. Place on a baking tray in your oven for 15 mins.



**2** Boil a large pot of water. Peel and grate the **garlic** (or use a garlic press if you have one). Tear the **basil leaves** into small pieces. **Tip:** *Tearing them releases more flavour than chopping.*



**3** Heat a splash of **olive oil** in a non-stick frying pan on medium heat. Fry the **pancetta** until it is crispy around the edges.



**4** Add your **garlic** and cook for 2 mins. **Tip:** *Avoid overcooking the garlic as you don't want it to taste bitter.*

**5** Add the **chopped tomatoes** with the **smoked paprika** (add more or less depending on how spicy you like it). Add a good pinch of **salt** and a grind of **black pepper**. Cook on medium heat for around 10 mins, until you have a nice thick **tomato sauce**.

**6** Cook the **penne** in the boiling water with a pinch of **salt** for around 6 mins, until 'al dente'. **Tip:** *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.*

**7** Once your **pasta** is cooked, drain and then stir it into your **tomato sauce**. When your **pepper** is nice and soft, add this to your **tomato sauce** too.

**8** Scatter your **basil leaves** over your **pasta**. Grate the **parmesan** on top and dig in!  
**Tip:** *Best eaten with a fork, in a reclined position, on the sofa.*

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!