



Presto Bacon and Mushroom Linguine with Tenderstem® Broccoli and Cheese

Family 20 Minutes • 1 of your 5 a day

3



Grated Hard Italian Style Cheese



Linguine



Bacon Lardons



Chicken Stock Paste



Tenderstem® Broccoli



Sliced Mushrooms



Garlic Clove



Creme Fraiche



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, frying pan, garlic press and colander.

Ingredients

Ingredients	2P	3P	4P
Grated Hard Italian Style Cheese 7) 8)	20g	30g	40g
Linguine 13)	180g	270g	360g
Bacon Lardons**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Tenderstem® Broccoli**	80g	150g	150g
Sliced Mushrooms**	80g	120g	120g
Garlic Clove**	1	2	2
Creme Fraiche** 7)	150g	225g	300g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Reserved Pasta Water*	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	293g	100g	423g	100g
Energy (kJ/kcal)	2920 /698	998 /239	3567 /853	844 /202
Fat (g)	34.6	11.8	36.9	8.7
Sat. Fat (g)	19.1	6.5	19.8	4.7
Carbohydrate (g)	71.7	24.5	71.8	17.0
Sugars (g)	6.6	2.2	6.7	1.6
Protein (g)	25.0	8.5	56.4	13.4
Salt (g)	2.30	0.78	2.49	1.20

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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Packed in the UK

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Cook the Pasta

- Fill and boil your kettle.
- Fill a large saucepan with the **boiled water** from your kettle and put on high heat.
- Add $\frac{1}{2}$ tsp salt and the **linguine**. Bring back to the boil.
- Cook until tender, 12 mins.



Add the Broccoli

- Once the **mushrooms** and **bacon** are golden, stir in the **garlic** and cook for 30 secs.
- When the **pasta** has 3 mins left, add the **broccoli** to the same pan and cook for the remaining time.
- Once the **pasta** and **broccoli** are cooked, reserve some of the **pasta water** (see pantry for amount), then drain in a colander. Drizzle with **oil** and stir through to prevent it sticking.



Start Frying

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **sliced mushrooms** and **bacon lardons**.
- Cook, stirring occasionally, until golden all over, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **bacon** thoroughly.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before you add the **bacon** and **mushrooms**. Fry until browned all over, 5-6 mins, then add the **bacon** and **mushrooms** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Bring on the Sauce

- Stir the **reserved pasta water**, **creme fraiche** and **chicken stock paste** into the **mushrooms** and **bacon**.
- Add the **cooked pasta**, **broccoli** and **Italian style cheese** to the **sauce** and gently toss to coat.
- Add another splash of **water** if the **sauce** is a bit thick. Season to taste with **salt** and **pepper**.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve any large **broccoli stems** lengthways, then cut into 3cm long pieces.



Serve

- Share the **bacon and mushroom linguine** between your bowls.

Enjoy!