







More Than Food  
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within  
2 days



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## Super Quick Creamy Pasta with Peas and Bacon

After a long day at work, there's always the temptation to eat something super simple, so you can maximize your time on the couch in your fluffy slippers with a blanket and a cuppa. Well, your wish is our command! Our pea and bacon pasta is unbelievably tasty and quick in equal measure. Its oh-so-creamy sauce brings it all together! So, get those slippers ready, it's going to be an awesome night in!

 30 mins



Onion (½)



Garlic Clove (1)



Flat Leaf Parsley  
(2 tbsp)



Streaky Bacon  
(5 rashers)



Fusilli  
(220g)



Peas  
(1 cup)



Crème Fraîche  
(1 pot)



Parmesan Cheese  
(3½ tbsp)

## Ingredients

2 PEOPLE ALLERGENS

Onion, chopped	½	
Garlic Clove, chopped	1	
Flat Leaf Parsley, chopped	2 tbsp	
Streaky Bacon	5 rashers	
Fusilli	220g	Gluten
Peas	1 cup	
Crème Fraîche	1 pot	Milk
Parmesan Cheese	3½ tbsp	Milk

🥬 Our fruit and veggies are super fresh, so they need a little wash before cooking!

### Did you know...

Peas are legumes like beans and chickpeas.

**Nutrition per serving:** Calories: 652 kcal | Protein: 31 g | Carbs: 61 g | Fat: 32 g | Saturated Fat: 19 g



**1** Peel and finely chop the **onion** and **garlic**. Roughly chop the **parsley**. Cut the **bacon** into small strips or 'lardons' if you're being posh!

**2** Boil a large pot of water for the **fusilli** with ¼ tsp of **salt**.

**3** Put a frying pan over medium-high heat with ¼ tbsp of **oil**. Add the **bacon** and cook for 3 mins until starting to crisp and then remove from the pan. **Tip:** *Place your bacon on some kitchen paper to soak up the oil.* Reduce the heat to medium, add the **onion** and allow to cook gently for 4-5 mins until soft. Add the **garlic** and cook for a further minute.

**4** Add the **fusilli** to the water and cook for 9 mins or until 'al dente'. Add the **peas** for the last 3 mins of cooking time. Drain but keep some of your pasta water as you'll need it for your sauce.

**5** While your **fusilli** is cooking turn your attention back to the sauce. Add your **bacon** back into the pan along with the **crème fraîche**, ¼ tsp of **salt** and a few good grinds of **black pepper**. Give it all a good stir.

**6** Add your drained **fusilli** and **peas** to your sauce. Grate in half the **parmesan** and give it all a really good toss in the pan allowing it to heat through. **Tip:** *Add a couple of tbsp of the reserved pasta water if you feel it needs a little more liquid.*

**7** Divide between your bowls, top with some of the chopped **parsley** and grate over your remaining **parmesan cheese**.

