



More Than Food

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Penne all'Arrabiata 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 'Arrabiata' because of its chilli kick, but we'll leave it to you to 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



spicy



family box



Red Pepper (2)



Garlic Clove (3)



Basil (1 bunch)



Pancetta (3 packs)



Organic Chopped Tomatoes (2 tins)



Smoked Paprika (1 tsp)




Penne (400g)



Parmesan (4 tbsp)

Ingredients

	2P	4P
Red Pepper, sliced	-	2
Garlic Clove, chopped	-	3
Basil, torn	-	1 bunch
Pancetta 1	-	3 packs
Organic Chopped Tomatoes	-	2 tins
Smoked Paprika	-	1 tsp
Penne 2	-	400g
Parmesan 3	-	4 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Sulphites | **2)** Gluten

3) Milk

Nutrition per serving: Calories: 593 kcal | Protein: 26 g | Carbs: 87 g | Fat: 14 g | Saturated Fat: 7 g

1



1 Pre-heat your oven to 200 degrees. Remove the core from your peppers and slice lengthways into ½cm strips. Mix the peppers with a pinch of salt and pepper and 2 tbsp of olive oil. Place on a baking tray in the oven for 15 mins.

Cook on medium heat for around 10 mins until you have a nice thick sauce.

2



2 Boil a large pot of water. Place the flat side of a large knife on your cloves of garlic and press down firmly. Peel off the skin and finely chop the garlic. Tear the basil leaves into small pieces (tearing them releases more flavour than chopping).

6 Cook your pasta in the boiling water with ½ tsp of salt for around 6 mins. **Tip:** *The pasta is cooked when it is 'al dente' (i.e. it is cooked but has a slight firmness left in the middle).*

3



3 Heat 2 tsp of olive oil in a non-stick frying pan on medium heat. Fry off the pancetta until it is crispy around the edges.

7 Once the pasta is cooked, drain it and then stir it into your thickened tomato sauce. Once your peppers are nice and soft, add them to the sauce too.

7



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

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

5 Add in the tinned tomatoes with your smoked paprika (add more or less to taste). Stir in 2 tsp of sugar (if you have some) and a pinch of salt and pepper.

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