



Creamy Bacon and Mustard Penne

with Pear and Blue Cheese Salad

Family 20 Minutes • 1 of your 5 a day

11



Garlic Clove



Pear



Wild Rocket



Penne Pasta



British Smoked Bacon Lardons



Chicken Stock Paste



Wholegrain Mustard



Creme Fraiche



Grated Hard Italian Style Cheese



Cider Vinegar



Crumbled Blue Cheese



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

+ Double Bacon Lardons

If you chose to double bacon, 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, garlic press, bowl, saucepan, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Pear**	1	1	2
Wild Rocket**	40g	60g	80g
Penne Pasta 13	180g	270g	360g
British Smoked Bacon Lardons**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Wholegrain Mustard 9	10g	15g	20g
Creme Fraiche** 7	150g	225g	300g
Grated Hard Italian Style Cheese** 7 8	20g	30g	40g
Cider Vinegar 14	15ml	15ml	30ml
Crumbled Blue Cheese** 7	30g	45g	60g
British Smoked Bacon Lardons**	60g	90g	120g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	424g	100g	454g	100g
Energy (kJ/kcal)	3728 /891	879 /210	4053 /969	893 /213
Fat (g)	47.8	11.3	53.8	11.9
Sat. Fat (g)	22.3	5.3	24.2	5.3
Carbohydrate (g)	82.8	19.5	83.4	18.4
Sugars (g)	16.2	3.8	16.2	3.6
Protein (g)	30.6	7.2	35.7	7.9
Salt (g)	2.59	0.61	3.41	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

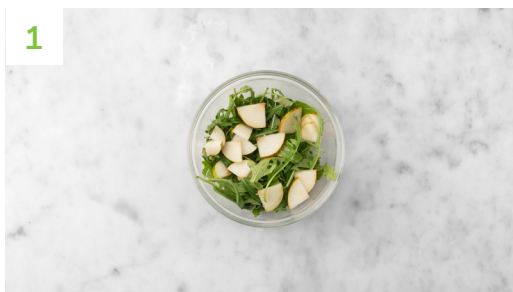
7) Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten **14)** Sulphites

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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1 Prep the Salad

- Boil a full kettle for the **penne**.
- Peel and grate the **garlic** (or use a garlic press).
- Quarter the **pear** lengthways and discard the core (no need to peel). Thinly slice each quarter widthways, then put into a large bowl. Add the **rocket leaves** and set aside.



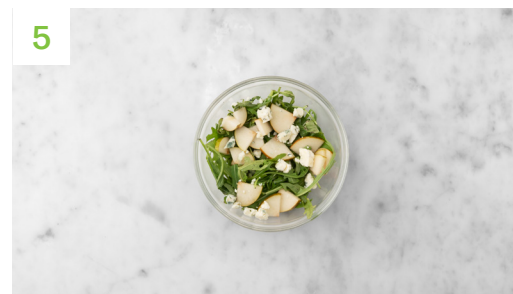
4 Combine and Stir

- When the **sauce** is boiling, add the **creme fraiche** and **half the hard Italian style cheese**. Stir to melt the **cheese**, then simmer for 1-2 mins.
- Once the **sauce** is smooth, stir through the **cooked pasta** and cook until piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper**.



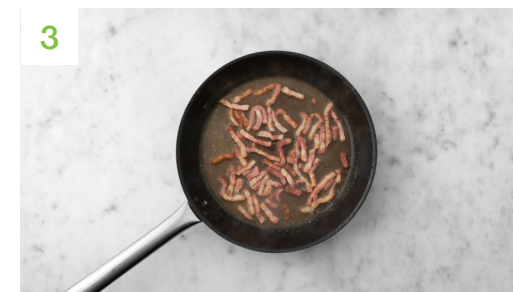
2 Cook the Pasta

- Pour the **boiled water** from your kettle into a large saucepan with **½ tsp salt** on high heat.
- Add the **penne** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back into the pan.
- Drizzle with **oil** and stir through to stop it sticking together.



5 Add the Blue Cheese

- Meanwhile, in a small bowl, combine the **sugar for the dressing** (see pantry for amount), **cider vinegar** and remaining **mustard**.
- Mix in the **olive oil for the dressing** (see pantry for amount) and season with **salt** and **pepper**.
- Pour the **dressing** into the bowl of **rocket**, then add the **blue cheese**. Combine and set aside.

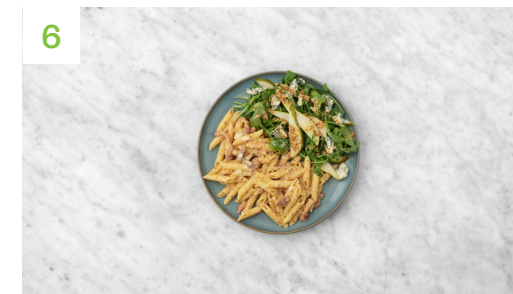


3 Start the Bacon Sauce

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **bacon lardons** and stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.
- Add the **garlic** and cook, stirring, for 1 min.
- Stir in the **water for the sauce** (see pantry for amount), **chicken stock paste** and **half the mustard**, then bring to the boil.

+ Double Bacon Lardons

If you're doubling up on **bacon lardons**, cook the recipe in the same way.



6 Serve

- Share the **creamy penne** between your bowls and top with the remaining **hard Italian style cheese**.
- Serve the **pear salad** on the side.

Enjoy!