



# Bacon Crusted Cheese & Spinach Penne Bake with Balsamic Dressed Rocket

Family 30-35 Minutes • 1 of your 5 a day

9



Red Onion



Mature Cheddar Cheese



Penne Pasta



Baby Spinach



Bacon Lardons



Panko Breadcrumbs



Plain Flour



Chicken Stock Paste



Italian Style Herbs



Creme Fraiche



Balsamic Vinegar



Rocket

**Pantry Items**

Olive Oil, Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, grater, colander, frying pan, ovenproof dish and bowl.

## Ingredients

	2P	3P	4P
Red Onion**	1	2	2
Mature Cheddar Cheese** 7)	90g	150g	180g
Penne Pasta 13)	180g	270g	360g
Baby Spinach**	100g	100g	200g
Bacon Lardons**	60g	90g	120g
Panko Breadcrumbs 13)	25g	50g	50g
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Oil for the Roux*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour 13)	8g	24g	24g
Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Creme Fraiche** 7)	150g	225g	300g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	80g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	453g	100g
Energy (kJ/kcal)	4395 /1050	969 /232
Fat (g)	61	13
Sat. Fat (g)	29	6
Carbohydrate (g)	88	19
Sugars (g)	9	2
Protein (g)	37	8
Salt (g)	2.82	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 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, 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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## Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**. Halve, peel and chop the **red onion** into small pieces. Grate the **cheese**.



## Make the Sauce

Pop your (now empty) frying pan back on medium-high heat. Add the **olive oil for the roux** (see ingredients for amount) and the **onion**. Stir-fry until soft, 3-4 mins, then stir in the **flour**. Cook until it forms a **paste**, 1-2 mins - you've made a **roux!** Gradually stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**. Bring to the boil, stir and simmer until thickened, 1-2 mins. Stir in the **Italian style herbs** and **creme fraiche**, then remove from the heat.



## Cook the Pasta

When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins. Pop the **spinach** into a colander in your sink. Once the **pasta** is cooked, drain it over the **spinach** so it's wilted and piping hot. Set aside. **TIP:** *Drizzle with oil to prevent it from sticking.*



## Assemble and Bake

Add the **Cheddar cheese** to the **sauce** and stir until melted. Taste and season with **salt** and **pepper** if needed. Stir the **cooked pasta** and **spinach** into the **sauce** until combined. **TIP:** *Add a splash of water to loosen if you need to.* Pour the **pasta** into an ovenproof dish, then sprinkle the **bacon crumb** evenly over the top. Bake on the top shelf of your oven until golden, 8-10 mins.



## Bacon Crumb Time

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **bacon lardons** and stir-fry until lightly browned, 1-2 mins. Pour the **bacon** and its fat into a medium bowl. Mix in the **breadcrumbs** and **olive oil for the crumb** (see ingredients for amount), season with **salt** and **pepper**, then stir to combine. Set aside. **IMPORTANT:** *Cook bacon thoroughly.*



## Finish and Serve

When everything is nearly ready, wash up the **breadcrumb** bowl and pop in the **balsamic vinegar** and **olive oil for the dressing** (see ingredients for amounts). Season with **salt** and **pepper**. Mix together, then add the **rocket** and toss to coat. Serve the **penne** in bowls with the **salad** alongside.

## Enjoy!