














Bacon Linguine Amatriciana with Caprese Salad

Family 45 Minutes • 1 of your 5 a day



-  Echalion Shallot
-  Garlic Clove
-  Bacon Lardons
-  Tomato Passata
-  Chicken Stock Paste
-  Linguine
-  Medium Tomato
-  Mozzarella
-  Rocket
-  Balsamic Vinegar
-  Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Colander, Plate, Bowl.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Bacon Lardons**	90g	120g	180g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Linguine 13	180g	270g	360g
Medium Tomato**	1	2	2
Mozzarella 7 **	1 ball	1½ balls	2 balls
Rocket**	40g	60g	80g
Balsamic Vinegar 14	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp
Grated Hard Italian Style Cheese 7 8 **	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	427g	100g
Energy (kJ/kcal)	3309 /791	776 /185
Fat (g)	34	8
Sat. Fat (g)	17	4
Carbohydrate (g)	76	18
Sugars (g)	11	3
Protein (g)	42	10
Salt (g)	3.21	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

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Prep

Bring a large saucepan of **water** to the boil with ½ **tsp** of **salt** for the **pasta**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a **garlic** press).



Cook the Pasta

When your saucepan of **water** is boiling, add the **linguine** and cook until tender, 12 mins. Once cooked, drain in a colander. Pop back into the pan, drizzle with **oil** and stir through to stop it sticking together.



Start the Sauce

Heat a drizzle of **oil** in a frying pan on medium-high heat. When the **oil** is hot, add the **bacon lardons** and cook until golden, 2-3 mins. Add the **shallot** and cook until the **bacon** is golden brown and the **shallot** is soft, 3-4 mins. Add the **garlic**, cook for 1 more min. **IMPORTANT:** Wash your hands after handling raw meat. Cook lardons thoroughly.



Salad Time

Meanwhile, cut the **tomato(es)** into six slices and the **mozzarella** into eight slices. Pop the **rocket** in the centre of a serving plate and arrange the **tomato** and **mozzarella slices** alternately around it. Set aside for later. Pop the **balsamic vinegar** and **olive oil** (see ingredients for amount) into a small bowl and season with **salt** and **pepper**. Mix together and set aside - we'll dress the **salad** at the end.



Finish the Sauce

Add the **tomato passata** and bring to the boil. Add the **water** (see ingredients for amount) and **chicken stock paste**, then reduce the heat to low. Leave the **sauce** to bubble away until thickened, 8-10 mins, then remove from the heat.



Finish and Serve

Once the **pasta** is drained, add it to your **sauce** (reheat if necessary) along with the **hard Italian style cheese** and toss to coat. Season to taste with **salt** and **pepper**. Add a splash of **water** if you feel it needs it. Spoon the **balsamic dressing** over your **salad** and place in the middle of your table. Serve the **pasta** with the **salad** alongside for sharing.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.