



Bacon Linguine Amatriciana with Cheese and Balsamic Rocket Salad

Classic 30-35 Minutes • 3 of your 5 a day

40



Garlic Clove



Medium Tomato



Bacon Lardons



Sun-Dried Tomato Paste



Linguine



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Worcester Sauce



Grated Hard Italian Style Cheese



Rocket



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Saucepan, garlic press, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Medium Tomato	1	2	2
Bacon Lardons**	90g	120g	180g
Sun-Dried Tomato Paste	25g	37g	50g
Linguine 13)	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Worcester Sauce 13)	15g	22g	30g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Rocket**	40g	60g	80g
Balsamic Glaze 14)	12ml	18ml	24ml
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	470g	100g
Energy (kJ/kcal)	2852 /682	607 /145
Fat (g)	18.8	4.0
Sat. Fat (g)	7.4	1.6
Carbohydrate (g)	92.6	19.7
Sugars (g)	25.8	5.5
Protein (g)	31.3	6.7
Salt (g)	5.21	1.11

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **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

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

Peel and grate the **garlic** (or use a garlic press).

Thinly slice the **tomato**.



Add the Flavour

Stir the **chopped tomatoes, chicken stock paste, Worcester sauce, sugar and water for the sauce** (see pantry for both amounts) into the **bacon pan**. Bring to the boil, then reduce the heat to low.

Simmer until thickened, 8-10 mins, then remove from the heat.



Start the Sauce

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **bacon lardons** and stir-fry until golden, 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.*

Add the **garlic** and **sun-dried tomato paste** and stir-fry for 1 min more.



Bring on the Linguine

Once the **pasta** is cooked, add to your **sauce** with **half the Italian style hard cheese**.

Toss to coat, then season to taste with **salt** and **pepper**. Add a splash of **water** if it's a little thick.

Warm through until piping hot, 1-2 mins.



Cook the Pasta

Meanwhile, when your pan of **water** is boiling, add the **linguine** 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.



Finish and Serve

Meanwhile, pop the **rocket** into a medium bowl with a drizzle of **olive oil**. Season with **salt** and **pepper**, then toss to coat.

When ready, share the **bacon linguine** between your bowls and sprinkle with the remaining **cheese**.

Serve the **rocket** in bowls alongside topped with the **sliced tomato** and a drizzle of the **balsamic glaze**.

Enjoy!