



Bacon Penne all' Arrabbiata

with Parsley and Garlic Ciabatta

Family 25-30 Minutes • Mild Spice • 2 of your 5 a day

9



Green Pepper



Red Onion



Bacon Lardons



Finely Chopped Tomatoes with Onion and Garlic



Smoked Paprika



Chicken Stock Paste



Penne Pasta



Garlic Clove



Ciabatta



Grated Hard Italian Style Cheese



Flat Leaf Parsley



Chilli Flakes

Pantry Item
Olive 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, baking tray, frying pan, garlic press, colander and bowl.

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Red Onion**	1	1	2
Bacon Lardons**	90g	120g	180g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Smoked Paprika	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Penne Pasta 13)	180g	270g	360g
Garlic Clove**	1	2	2
Ciabatta 13)	1	2	2
Olive Oil for the Garlic Bread*	1 tbsp	2 tbsp	2 tbsp
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chilli Flakes	1 pinch	1 pinch	2 pinches

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	3245 /775	588 /140
Fat (g)	23	4
Sat. Fat (g)	8	1
Carbohydrate (g)	107	19
Sugars (g)	18	3
Protein (g)	34	6
Salt (g)	4.95	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Cereals containing gluten

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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Roast the Pepper

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins. Meanwhile, halve, peel and chop the **red onion** into small pieces.



Garlic Bread Time

While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press). Halve the **ciabatta** and lay onto the (now empty) **pepper** baking tray, cut-side up. Spread over the **garlic** and drizzle with the **olive oil for the garlic bread** (see ingredients for amount). Sprinkle over **half the hard Italian style cheese**. Bake the **garlic bread** on the top shelf of your oven until golden, 5-6 mins.



Start the Sauce

Heat a drizzle of **oil** in a 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 lardons thoroughly.* Add the **onion** and cook until softened, 3-4 mins. Stir in the **chopped tomatoes, smoked paprika** and **chicken stock paste**, then lower the heat and simmer gently until thickened, 8-10 mins. **TIP:** *Add a splash of water to loosen if needed.*



Finish the Sauce

Meanwhile, roughly chop the **parsley** (stalks and all). Once cooked, drain the **pasta** in a colander and stir into the **sauce**. Stir through the remaining **hard Italian style cheese** and **half the parsley**. **TIP:** *Add another splash of water to loosen if needed.*



Cook the Pasta

While the **sauce** simmers, add the **penne** to your pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins. Once the **pepper** has roasted, stir it into the **sauce**.



Serve

Spoon the **pasta** into your bowls. Finish with a sprinkle of the remaining **parsley** and a pinch of **chilli flakes** for those who'd like some heat (be careful, they're hot). Slice the **garlic ciabatta** diagonally into triangles and serve alongside.

Enjoy!