



# Creamy Bacon and Mustard Penne

with Pear & Walnut Salad

Classic 20 Minutes • 2 of your 5 a day

3



Garlic Clove



Red Onion



Baby Gem Lettuce



Pear



Penne Pasta



Bacon Lardons



Chicken Stock Paste



Wholegrain Mustard



Grated Hard Italian Style Cheese



Crème Fraîche



Cider Vinegar



Walnuts

## 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, garlic press, colander, frying pan, measuring jug and bowl.

## Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Red Onion**	1	1	2
Baby Gem Lettuce**	1	2	2
Pear**	1	1	2
Penne Pasta <b>13</b>	180g	270g	360g
Bacon Lardons**	60g	90g	120g
Water for the Sauce*	150ml	250ml	350ml
Chicken Stock Paste	10g	15g	20g
Wholegrain Mustard <b>9</b>	17g	25g	34g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	80g	80g
Creme Fraiche** <b>7</b>	100g	150g	200g
Sugar for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Walnuts <b>2</b>	20g	40g	40g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	417g	100g
Energy (kJ/kcal)	3473/830	834/199
Fat (g)	40	10
Sat. Fat (g)	17	4
Carbohydrate (g)	87	21
Sugars (g)	20	5
Protein (g)	29	7
Salt (g)	2.48	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 7) Milk 8) Egg 9) Mustard 13) 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 saucepan of **water** up to the boil with **½ tsp salt** for the **pasta**.
- Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **red onion** into small pieces.
- Trim the **baby gem** then halve lengthways. Thinly slice widthways and put into a large bowl.
- Quarter the **pear** lengthways and remove the core (no need to peel). Thinly slice each quarter widthways, then add to the bowl with the **lettuce**.



## Finish the Sauce

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



## Cook the Pasta

- When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- When cooked, drain in a colander and pop back into the pan.
- Drizzle with some **oil** and stir through to prevent it from sticking together.



## Make the Salad

- Meanwhile, combine the **sugar for the dressing** (see ingredients for amount), **cider vinegar** and remaining **mustard** in a small bowl.
- Add the **olive oil for the dressing** (see ingredients for amount) and season with **salt** and **pepper**.
- Mix well and pour into the **lettuce** bowl along with the **walnuts**. Toss together with your hands and set aside.



## Start the Sauce

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When hot, add the **bacon lardons** and cook until browned all over, 3-4 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook the lardons thoroughly.*
- Add the **onion** and cook until it begins to soften, 2-3 mins. Once softened, add the **garlic** and cook, stirring, for 1 min.
- Add the **water for the sauce** (see ingredients for amount), **chicken stock paste** and **half the mustard**. Stir to combine and bring to the boil.



## Time to Serve

- Share the **pasta** between your bowls and top with the remaining **hard Italian style cheese**.
- Serve the **salad** in a bowl on the side.

## Enjoy!