



Creamy Bacon & Mustard Penne

with Pear & Blue Cheese Salad

N° 21

RAPID 20 Minutes • 1 of your 5 a day



Garlic Clove



Chives



Shallot



Cosberg Lettuce



Pear



Penne Pasta



Bacon Lardons



Chicken Stock Powder



Wholegrain Mustard



Honey



Cider Vinegar



Blue Cheese



Grated Italian Style Hard Cheese



Crème Fraîche

Before you start

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

Basic cooking tools you will need:

Saucepan, Fine Grater (or Garlic Press), Mixing Bowl, Colander, Large Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Garlic Clove**	1 clove	2 cloves	2 cloves
Chives**	½ bunch	¾ bunch	1 bunch
Shallot**	1	1	2
Cosberg Lettuce**	1	1½	2
Pear**	1	1	2
Penne Pasta 13	200g	300g	400g
Bacon Lardons**	60g	90g	120g
Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Wholegrain Mustard 9	1 pot	2 pots	2 pots
Honey	1 sachet	2 sachets	2 sachets
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Blue Cheese 7 **	30g	45g	60g
Grated Italian Style Hard Cheese 7) 8 **	1 sachet	1½ sachets	2 sachets
Crème Fraîche 7 **	100g	150g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	516g	100g
Energy (kJ/kcal)	3450/825	669/160
Fat (g)	37	7
Sat. Fat (g)	16	3
Carbohydrate (g)	95	18
Sugars (g)	20	4
Protein (g)	33	6
Salt (g)	2.72	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **9**) Mustard **13**) Gluten **14**) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Prep

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). Finely chop the **chives** or snip finely with scissors. Halve, peel and thinly slice the **shallot**. Trim the root from the **cosberg lettuce** then halve lengthways. Chop into thirds widthways and put in a large bowl. Trim the top and bottom from the **pear** and quarter lengthways. Remove the core and thinly slice each quarter widthways and then add into the bowl with the **lettuce**.



4. Make the Salad

Combine the **honey**, **cider vinegar** and remaining **mustard** in a small bowl. Add the **oil** (see ingredients for amount) and season with **salt** and **pepper**. Mix well and pour into the lettuce bowl along with the **blue cheese**. Toss together with your hands and set aside.



2. Cook the Pasta

When the **pasta water** has come to the boil, add the **penne** and boil until tender, 12 mins. When cooked drain in a colander and leave to drain in your sink. **TIP: Drizzle the pasta with some oil to prevent it from sticking together.**



5. Finish the Sauce

Add **half** the **hard Italian style cheese** and the **crème fraîche** to the sauce and stir to melt the **cheese**, bring to the boil for 1-2 mins. Once melted and you have a smooth sauce stir through the **chives** and cooked **pasta**. Cook until piping hot, 1-2 mins. Taste and season with **salt** and **pepper**.



3. Start Sauce

Meanwhile, heat a splash of **oil** in a large frying pan over a medium high heat. When hot, add the **bacon lardons** and cook until browned all over, 3-4 mins. **IMPORTANT: Cook the bacon lardons throughout.** Add the **shallot** and cook until they begin to soften 2-3 mins. Once softened, add the **garlic** and cook stirring for 1 minute. Add the **water** (see ingredients for amount), **chicken stock powder** and **half** of the **mustard**. Stir to dissolve and bring to the boil.



6. 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!

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.