

Penne all'Arrabbiata

with Pancetta, Basil and Garlic Ciabatta





HELLO ARRABBIATTA

Arrabbiatta is a sauce originating in Rome and translates as "angry" which can explain its spicy kick!







Pancetta Lardons





Finely Chopped Tomatoes Finely Chopped Tomatoes with Garlic & Onion



Smoked Paprika



Chicken Stock Powder









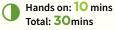




Chilli Flakes



Italian Style Grated Hard Cheese



Family Box





Medium heat

When you can get your kids to eat more veg without the teatime tantrums, you know you've found a recipe worth holding on to. Bursting with deliciously rich flavours and packed with hidden veggies, this 30-minute pasta dish is guaranteed to be a hit with the whole family. Once you've served the kids, turn up the heat by making this dish into an arrabbiata by adding crushed chilli flakes. Buon appetito!

START

Our fruit and veggies need a little wash before you use them! Make sure you've got some Baking Paper, a Baking Tray, Large Saucepan, Large Frying Pan, Fine Grater (or Garlic Press) and Colander. Now, let's get cooking!



■ ROAST THE PEPPER

Preheat your oven to 200°C. Halve, then remove the core from the **pepper** and cut into thin slices. Place on a lined baking tray, drizzle with **oil** and season with **black pepper**. Toss together, spread out in a single layer and roast on the top shelf of your oven until soft and charred at the edges, 15 mins. When cooked, add to the **sauce** (that you're making in step 2) whilst it's cooking.



Put a large saucepan of water with a pinch of salt on to boil for the pasta. Heat a splash of **oil** in a large frying pan on mediumhigh heat. Fry the **pancetta lardons** until it's crispy, 4-5 mins. Add the **chopped tomatoes** (both types!), **smoked paprika** and **stock powder**. Stir to dissolve, lower the heat and

simmer gently until the sauce is nice and thick,

15 mins. \star TIP: Don't forget to add the roasted



Took THE PASTA

Meanwhile, add the **penne** to your pan of boiling **water** and cook until al dente, around 11 mins. ★ TIP: 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.



■ GARLIC BREAD TIME

Peel and grate the **garlic** (or use a garlic press) and mix in a small bowl with the **olive oil** (see ingredients for amount). Season with a pinch of **salt**. Halve the **ciabatta** lengthways (as if you were making a sandwich) and spoon or brush the **garlic oil** across the cut sides of the **ciabatta**. Pop on the baking tray you used for the **pepper** and bake on the top shelf of your oven until golden, 6-8 mins.



FINISH THE SAUCE

pepper to the sauce!

Pick the **basil leaves** from their stalks and tear into pieces (discard the stalks). ★ TIP:

Tearing releases more flavour than chopping.

When the **pasta** is cooked, drain it in a colander and stir it into your thickened **tomato** sauce. Stir in **half** the **basil leaves**.



SERVE!

Serve the kids before scattering over the remaining basil leaves for the adults.

TWIST IT UP: If you like a bit of heat, sprinkle in some chilli flakes (be careful they're hot!) and finish with a generous amount of Italian style hard cheese. Slice the garlic ciabatta diagonally into triangles and serve alongside. Enjoy!

INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper	1	2	2
Pancetta Lardons	1 small pack	1 medium pack	1 large pack
Finely Chopped Tomatoes with Garlic & Onion	½ carton	½ carton	1 carton
Finely Chopped Tomatoes with Basil	½ carton	1 carton	1 carton
Smoked Paprika	⅓ small pot	⅔ small pot	1 small pot
Chicken Stock Powder	1 sachet	1 sachet	1 sachet
Penne 13)	200g	300g	400g
Garlic Clove	1	2	2
Olive Oil*	2 tbsp	3 tbsp	3 tbsp
Ciabatta 11) 13)	1	2	2
Basil	½ bunch	1 bunch	1 bunch
Chilli Flakes	a small pinch	a small pinch	a small pinch
Italian Style Grated Hard Cheese 7) 8)	½ pack	1 pack	1 pack

*Not Included

NUTRITION PER JNCOOKED INGREDIENT	PER SERVING 483G	PER 100G
Energy (kcal)	783	162
(kJ)	3274	677
Fat (g)	18	4
Sat. Fat (g)	5	1
Carbohydrate (g)	117	24
Sugars (g)	20	4
Protein (g)	33	7
Salt (g)	3.75	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 11) Soya 13) Gluten

(i) Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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