



# Penne all'Arrabbiata

with Pancetta, Basil and Garlic Ciabatta



## HELLO ARRABBIATTA

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



Red Pepper



Pancetta Lardons



Finely Chopped Tomatoes with Garlic & Onion



Finely Chopped Tomatoes with Basil



Smoked Paprika



Chicken Stock Powder



Penne



Garlic Clove



Ciabatta



Basil



Chilli Flakes



Italian Style Grated Hard Cheese

MEAL BAG

Hands on: 10 mins  
Total: 30 mins

Family Box

2 of your  
5 a day

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!

## BEFORE YOU 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!



### 1 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.



### 2 START THE SAUCE

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 medium-high 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. **★ TIP: Don't forget to add the roasted pepper to the sauce!**



### 3 COOK 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.**



### 4 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.



### 5 FINISH 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**.



### 6 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!**

## 2 - 4 PEOPLE 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 UNCOOKED 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

🧼 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?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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## BEFORE YOU EAT

Check your delicious dish out. Admire what you have achieved. Enjoy, you deserve it.