







More Than Food  
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## Penne all'Arrabiata with Smoked Pancetta and Fresh Basil

Food is described with an infinite number of adjectives but 'angry' is not one that immediately springs to mind. That's unless we're talking in Italian. This little dish is 'Arrabiata,' (this means 'angry' in Italian), because of its chilli kick, but we'll leave it to you to decide how much of a temper you want it to have. Given that this tasty recipe can be ready in the time it takes to boil your pasta, there's really nothing angry about it. So smile and tuck in!



20 mins



healthy



spicy



family box



Red Pepper (2)



Garlic Clove (4)



Basil (1 bunch)



Pancetta (3 packs)



Organic Chopped Tomatoes (2 tins)



Smoked Paprika (1½ tsp)



Penne (400g)



Parmesan Cheese (4 tbsp)

## Ingredients

	4 PEOPLE	ALLERGENS
Red Pepper, sliced	2	
Garlic Clove, chopped	4	
Basil, torn	1 bunch	
Pancetta	3 packs	Mustard
Organic Chopped Tomatoes	2 tins	
Smoked Paprika	1½ tsp	
Penne	400g	Gluten
Parmesan Cheese	4 tbsp	Milk

 Our fruit and veggies come may need a little wash before using

### Did you know...

Basil leaves are an excellent source of iron.

**Nutrition per serving:** Calories: 543 kcal | Protein: 29 g | Carbs: 84 g | Fat: 9 g | Saturated Fat: 4 g

1



**1** Pre-heat your oven to 200 degrees. Remove the core from the **peppers** and slice lengthways into ½cm strips. Mix the **peppers** with a pinch of **salt** and **black pepper** and 2 tbsp of **olive oil**. Place on a baking tray in your oven for 15 mins.

2



**2** Boil a large pot of water. Place the flat side of a large knife on the cloves of **garlic** and press down firmly. Peel off the skin and finely chop the **garlic**. Tear the **basil** leaves into small pieces (tearing them releases more flavour than chopping).

**3** Heat 3 tsp of **olive oil** in a non-stick frying pan on medium heat. Fry the **pancetta** until it is crispy around the edges.

**4** Add in the chopped **garlic** and cook together for 2 mins.

**Tip:** Avoid overcooking the garlic as you don't want it to taste bitter.

**5** Add in the **chopped tomatoes** with the **smoked paprika** (add more or less to taste). Add a good pinch of **salt** and **black pepper**. Cook on medium heat for around 10 mins, until you have a nice thick sauce.

3



**6** Cook the **penne** in the boiling water with ½ tsp of **salt** for around 6 mins.

**Tip:** The penne is cooked when it is 'al dente' (i.e. it is cooked but has a slight firmness left in the middle).

**7** Once your **penne** is cooked, drain it and then stir it into your thickened tomato sauce. Once your **peppers** are nice and soft, add them to the sauce too.

7



**8** Scatter your **basil** leaves over your **penne**. Grate the **parmesan** over the top and dig in! **Tip:** Best eaten with a fork, in a reclined position, on the sofa.