



# Presto Bacon and Mushroom Linguine with Asparagus

**Rapid** 20 Minutes • 1 of your 5 a day

16



Linguine



Sliced Mushrooms



Bacon Lardons



Garlic Clove



Asparagus Bundles



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian  
Style Cheese



Diced  
Chicken  
Breast



## CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

## Before you start

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

## Cooking tools, you will need:

Kettle, Saucepan, Frying Pan, Garlic Press, Colander.

## Ingredients

	2P	3P	4P
Linguine <b>13</b> )	180g	270g	360g
Sliced Mushrooms**	120g	180g	240g
Bacon Lardons**	60g	90g	120g
Garlic Clove	1	2	2
Asparagus Bundles**	100g	200g	200g
Reserved Pasta Water for the Sauce*	100ml	150ml	200ml
Crème Fraîche <b>7</b> )**	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese <b>7</b> ) <b>8</b> )**	40g	65g	80g
Diced Chicken Breast**	280g	420g	560g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	333g	100g
Energy (kJ/kcal)	2881 / 689	866 / 207
Fat (g)	36	11
Sat. Fat (g)	17	5
Carbohydrate (g)	72	22
Sugars (g)	6	2
Protein (g)	28	9
Salt (g)	2.19	0.66
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	473g	100g
Energy (kJ/kcal)	3543 / 847	750 / 179
Fat (g)	38	8
Sat. Fat (g)	17	4
Carbohydrate (g)	72	15
Sugars (g)	6	1
Protein (g)	62	13
Salt (g)	2.33	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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## Cook the Pasta

- Fill and boil your kettle.
- Fill a large saucepan with the boiling **water** and put on high heat. Bring back to the boil.
- Add 1/2 tsp of **salt** and the **linguine**.
- Cook for 12 mins.

2



## Start the Sauce

- In the meantime, heat a drizzle of **oil** in a large frying pan over high heat.
- Once hot, add the **sliced mushrooms** and **bacon lardons**.
- Cook, stirring occasionally, until golden all over, 4-5 mins. **IMPORTANT:** Wash your hands after handling raw meat. Cook bacon thoroughly.



## CUSTOM RECIPE

- If you've opted to add **chicken breast** to your meal, then before adding the **bacon** and **mushrooms** to your pan, add the **chicken** to the pan and season with **salt** and **pepper**. Fry until golden on the outside, 3-4 mins.
  - Add the **mushrooms** and **bacon** to the pan and continue with the rest of the recipe.
- IMPORTANT:** Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink the middle.

3



## Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Chop the bottom 2cm off the **asparagus** and discard. Cut the **asparagus** widthways into 3cm long pieces.

4



## Cook the Asparagus

- Once the **mushrooms** and **bacon** are golden, stir in the **garlic** for 30 seconds.
- When the **pasta** has 3 mins left, add the **asparagus** to the **water**.
- Once the **pasta** and **asparagus** are cooked, drain in a colander. Save some of the **water** to use in your **sauce** (see ingredients for amount).

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## Finish the Sauce

- Once the **asparagus** and **pasta** are drained, stir the saved **pasta water**, the **crème fraîche** and **stock paste** into the **mushrooms**.
- Stir the drained **pasta**, **asparagus**, and **hard Italian style cheese** into the **sauce** and gently toss to coat. **TIP:** Add another splash of pasta water if the sauce is still a bit thick.

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## Serve

- Season to taste with a pinch of **salt** and **pepper**.
- Share between your bowls and dig in.

Enjoy!