







More Than Food
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Super Quick Creamy Pasta with Peas and Bacon

After a long day at work, there's always the temptation to eat something super simple, so you can maximize your time on the couch in your fluffy slippers with a blanket and a cuppa. Well, your wish is our command! Our pea and bacon pasta is unbelievably tasty and quick in equal measure. Its oh-so-creamy sauce brings it all together! So, get those slippers ready, it's going to be an awesome night in!



30 mins



1 of your 5 a day



eat within 2 days



mealkit



Onion (½)



Garlic Clove (1)



Flat Leaf Parsley (½ bunch)



Streaky Bacon Rashers (5)



Fusilli (220g)



Peas (100g)




Crème Fraîche (1 pot)



Parmesan Cheese (40g)

2 PEOPLE INGREDIENTS

- Onion, chopped ½
- Garlic Clove, grated 1
- Flat Leaf Parsley, chopped ½ bunch
- Streaky Bacon Rashers 5
- Fusilli 220g
- Peas 100g
- Crème Fraîche 1 pot
- Parmesan Cheese 40g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Peas are legumes like beans and chickpeas.

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	742 kcal / 3113 kJ	30 g	16 g	86 g	6 g	32 g	2 g
Per 100g	191 kcal / 801 kJ	8 g	4 g	22 g	2 g	8 g	0 g



1 Cut the onion in half through the root, peel and finely chop. Peel and grate the **garlic** (or use a garlic press if you have one). Roughly chop the **parsley**. Cut the **bacon** into small strips or 'lardons' if you're being posh!



2 Boil a large pot of water with a pinch of **salt**, for the **fusilli**.

3 Put a frying pan on medium-high heat with a splash of **oil**. Add your **bacon** and cook for 3 mins until it starts to crisp, then remove from the pan. **Tip:** *Place your bacon on some kitchen paper to soak up any excess oil.* Reduce the heat to medium, add your **onion** and allow it to cook gently for 4-5 mins until soft. Add your **garlic** and cook for 1 minute more.



4 Add the **pasta** to the water and cook for 9 mins or until 'al dente'. **Tip:** *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.* Add the **peas** for the last 3 mins of cooking time. Drain but keep some of your **pasta water** as you'll need it for your sauce.

5 While your pasta is cooking turn your attention back to making the sauce. Add your **bacon** back into the pan along with the **crème fraîche**, a pinch of **salt** and a few good grinds of **black pepper**. Give it all a good stir.



6 Add your drained **pasta** and **peas** to your sauce. Grate in half the **parmesan** and give it all a really good toss in the pan, allowing it to heat through. **Tip:** *Add a bit more of the reserved pasta water if you feel it needs a little more liquid.*

7 Divide between your bowls, top with some of your **parsley** and grate over your remaining **parmesan**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!