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Penne Arrabbiata

with Pancetta, Chili, and Parmesan

Translating to “angry” in Italian, *arrabbiata* is known for its kick. We’ve reinvented this Italian classic by adding salty pancetta to the mix. Wilting arugula into the sauce is a great way to sneak in extra greens. If you’re not a fan of heat, simply leave out the chili pepper!



30 min



level 1



nut free



Penne



Red Onion



Pancetta



Chili Pepper



Garlic



Diced Tomatoes



Roma Tomato




Arugula



Parmesan Cheese

Ingredients

	1)	2 People	4 People
Penne	1)	6 oz	12 oz
Red Onion		1	2
Pancetta		2 oz	4 oz
Chili Pepper 		1	1
Garlic		2 cloves	4 cloves
Diced Tomatoes		1 box	2 boxes
Roma Tomato		1	2
Arugula		2 oz	4 oz
Parmesan Cheese	2)	¼ C	½ C
Sugar*		½ t	1 t
Oil*		1 t	2 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large Pot, Large Pan, Strainer

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 577 cal | Fat: 16 g | Sat. Fat: 6 g | Protein: 25 g | Carbs: 91 g | Sugar: 18 g | Sodium: 802 mg | Fiber: 6 g

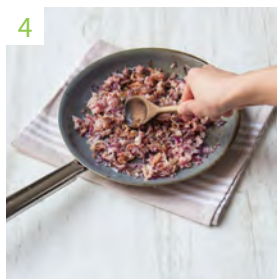


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1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Halve, peel, and dice the **onion**. Mince or grate the **garlic**.

Core, seed, and dice the **roma tomato**. Mince the **chili pepper**.

TIP: Be sure to wash your hands, cutting board, and knife after handling the chili pepper.



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2 Start the sauce: Heat a drizzle of **oil** in a large pan over medium heat.

Add the **pancetta** and cook for 2-3 minutes, until slightly crispy. Add the

onion and as much **chili pepper** as you like (start with a little and go up from there!) to the pan. Cook, tossing for 3-4 minutes, until softened.

Add the **garlic** and cook for another 1 minute, until fragrant. Season with **salt** and **pepper**.



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3 Boil the penne: Add the **penne** to the boiling **salted water** and cook for 9-11 minutes, until al dente. Drain.

4 Simmer the sauce: Add the **roma tomato**, the box of **diced tomatoes**, and ½ **teaspoon sugar** to the pan. Bring to a simmer, cooking for 10 minutes, until thickened. Season with **salt** and **pepper**.

5 Finish the penne: Add the drained **penne** and the **arugula** to the sauce and toss for 1-2 minutes, until the arugula is wilted. Season with **salt** and **pepper**.



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6 Serve the **penne arrabbiata** sprinkled with **parmesan cheese** and enjoy!