



Cooking Made Easy

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## Aphrodite's Bucatini Amatriciana with Pancetta & Olives

Bucatini Amatriciana is an Italian classic! Historically, the pope has chosen his best chefs from the Amatrice region to cook it for him - so you're in for a treat! The sauce is made with sweet ripe tomatoes and a hint of chilli to make it sumptuous. What could be more Italian than a hint of olive and pancetta to liven up the party? Enjoy!



20 min



spicy



Onion



Garlic Clove



Parmesan Cheese



Bucatini Pasta



Chilli Flakes



Pancetta



Organic Chopped Tomatoes



Black Olives

## Ingredients

	2P	4P
Onion, sliced	½ cup	1 cup
Garlic Clove	1	2
Parmesan Cheese, grated <b>1</b>	2 tbsp	4 tbsp
Bucatini Pasta <b>2</b>	200g	400g
Chilli Flakes	½ tsp	1 tsp
Pancetta	1 pack	2 packs
Organic Chopped Tomatoes	1 tin	2 tins
Black Olives	1 handful	2 handfuls

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Milk | 2) Gluten

**Nutrition per serving:** Calories: 683 kcal | Protein: 28 g | Carbs: 97 g | Fat: 20 g | Saturated Fat: 10 g



**1** Boil a pot of water with ¼ tsp of salt for your pasta. Peel and cut the onion in half lengthways through the root. Very thinly slice the onion into half moons. Peel and crush (but don't chop) the garlic clove. Grate the parmesan.

the water has gone from the tomatoes and you have a nice thick sauce.



**2** Cook the pasta in the boiling water for around 10 mins or until 'al dente'. **Tip:** 'Al dente' means the pasta is cooked but has a hint of firmness left in the middle. Reserve a few tbsp of the pasta water and then drain the pasta when it's done.

**6** Once the pasta is drained, add it to the sauce and toss the pan. Add the reserved pasta water to loosen it up. **Tip:** Tossing pasta in tomato sauce can get a little messy, so take appropriate precautions!



**3** In the meantime, heat 1 tbsp of extra virgin olive oil in a pan on medium-low heat. Once hot, add the onion, garlic and chilli flakes.

**7** Stir in the parmesan and serve immediately!



**4** Cook for 5 mins before adding the pancetta. Cook the pancetta for a few mins until it is slightly crispy around the edges.

**5** Add the tomatoes to the pan with ¼ tsp of both salt and sugar (if you have some). Add the olives to the pan. Season with plenty of freshly ground black pepper and bubble away for 5 mins until