



More Than Food
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Enjoy
within
2 days



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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 peas 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



family box



Onion (1)



Garlic Clove (2)



Flat Leaf Parsley
(4 tbsp)



Streaky Bacon
(10 rashers)



Fusilli (400g)



Peas (2 cups)




Crème Fraîche
(1 large pot)



Parmesan
(3 tbsp)

Ingredients

	4 PEOPLE	ALLERGENS
Onion, chopped	1	
Garlic Clove, chopped	2	
Flat Leaf Parsley, chopped	4 tbsp	
Streaky Bacon	10 rashers	Sulphites
Fusilli	400g	Gluten
Peas	2 cups	
Crème Fraîche	1 large pot	Lactose
Parmesan	3 tbsp	Lactose

 Our fruit and veggies come fresh from the farm so give them a little wash before using

LH Step for little hands

Did you know...

The ancient Egyptians liked peas so much that they buried them in their tombs for use in the afterlife.

Nutrition per serving: Calories: 589 kcal | Protein: 31 g | Carbs: 59 g | Fat: 25 g | Saturated Fat: 14 g



1 Peel and finely chop the onion and garlic. Roughly chop the parsley. Cut the bacon into small strips or 'lardons' if you're being posh!

2 Boil a large pot of water for your pasta with $\frac{1}{2}$ tsp of salt.

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

4 Add the pasta to the water and cook for 9 mins or until 'al dente'. Add the peas for the last 3 mins of cooking time. Drain but keep some of the pasta water as you'll need it for the sauce.

5 While your pasta is cooking turn your attention back to the sauce. Add the bacon back to the pan along with your crème fraîche, $\frac{1}{4}$ tsp of salt and a good few grinds of black pepper. Give it all a good stir.

6 Add the drained pasta and peas to the sauce. Add some reserved pasta water to loosen it up if needed. **LH:** Grate in half the parmesan. Give it a really good toss in the pan and allow it to heat through.

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

