



More Than Food
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Penne all'Arrabbiata with Smoked Pancetta and Fresh Basil

Food is described with an infinite number of adjectives but 'angry' is not one that immediately springs to mind. That's unless we're talking in Italian. This little dish is 'Arrabbiata' because of its chilli kick, but we'll leave it to you to decide how much of a temper you want it to have. Given that this tasty recipe can be ready in the time it takes to boil your pasta, there's really nothing angry about it. So smile and tuck in!



20 mins



spicy



healthy



Red Pepper (1)



Garlic Clove (2)



Basil (½ bunch)



Pancetta (2 packs)



Organic Chopped Tomatoes (1 tin)



Chilli Powder (½ tsp)




Penne (200g)



Parmesan (2 tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Red Pepper, sliced	1	
Garlic Clove, chopped	2	
Basil, torn	½ bunch	
Pancetta	2 packs	Sulphites
Organic Chopped Tomatoes	1 tin	
Chilli Powder	½ tsp	
Penne	200g	Gluten
Parmesan	2 tbsp	Lactose

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

Did you know...

Pancetta is Italian cured pork belly - the continental equivalent of streaky bacon!

Nutrition per serving: Calories: 686 kcal | Protein: 67 g | Carbs: 83 g | Fat: 11 g | Saturated Fat: 5 g



1 Pre-heat your oven to 200 degrees. Remove the core from your **pepper** and slice lengthways into ½cm strips. Mix the **peppers** with a pinch of **salt** and **pepper** and 1 tbsp of **olive oil**. Place on a baking tray in the oven for 15 mins.



2 Boil a large pot of water. Place the flat side of a large knife on your cloves of **garlic** and press down firmly. Peel off the skin and finely chop the **garlic**. Tear the **basil** leaves into small pieces (tearing them releases more flavour than chopping).



3 Heat 2 tsp of **olive oil** in a non-stick frying pan on medium heat. Fry off the **pancetta** until it is crispy around the edges.



4 Add in the chopped **garlic** and cook together for 2 mins. **Tip:** Avoid overcooking the **garlic** as you don't want it to taste bitter.

5 Add in the **tinned tomatoes** with your **chilli powder** (add more or less to taste). Add a good pinch of **salt** and **pepper**. Cook on medium heat for around 10 mins, until you have a nice thick sauce.

6 Cook your **pasta** in the boiling water with ¼ tsp of **salt** for around 6 mins. **Tip:** The **pasta** is cooked when it is 'al dente' (i.e. it is cooked but has a slight firmness left in the middle).

7 Once the **pasta** is cooked, drain it and then stir it into your thickened tomato sauce. Once your **peppers** are nice and soft, add them to the sauce too.

8 Scatter your **basil** leaves over your pasta. Grate your **parmesan** over the top and dig in! **Tip:** Best eaten with a fork, in a reclined position, on the sofa.