



Pronto Bacon Linguine with Mushrooms, Courgette and Cheese

Quick 20 Minutes • 2 of your 5 a day

11



Bacon Lardons



Courgette



Garlic Clove



Sliced Mushrooms



Linguine



Vegetable Stock Paste



Mixed Herbs



Creme Fraiche



Grated Hard Italian Style Cheese



Bacon Lardons

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, frying pan, garlic press, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Bacon Lardons**	60g	90g	120g
Courgette**	1	1	2
Garlic Clove**	1	2	2
Sliced Mushrooms**	120g	180g	240g
Linguine 13)	180g	270g	360g
Vegetable Stock Paste 10)	10g	15g	20g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Crema Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Bacon Lardons**	60g	90g	120g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	384g	100g	414g	100g
Energy (kJ/kcal)	2964 / 708	771 / 184	3289 / 786	794 / 190
Fat (g)	34.9	9.1	41.0	9.9
Sat. Fat (g)	19.1	5.0	21.0	5.1
Carbohydrate (g)	74.3	19.3	74.9	18.1
Sugars (g)	8.5	2.2	8.5	2.1
Protein (g)	24.8	6.5	30.0	7.2
Salt (g)	2.15	0.56	2.97	0.72

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Fry the Bacon

- Boil a full kettle.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **bacon lardons** and cook, stirring occasionally, until golden, 3-4 mins.
IMPORTANT: Wash your hands and equipment after handling raw meat.

CUSTOM RECIPE

If you've chosen to double up on **bacon lardons**, cook the recipe in the same way.



Linguine Time

- Meanwhile, pour the **boiled water** from your kettle into a large saucepan on high heat.
- Add the **linguine** and $\frac{1}{2}$ **tsp salt** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Get Prepped

- Meanwhile, trim the **courgette**, then quarter lengthways. Chop widthways into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



Bring on the Creamy Sauce

- Add the **water for the sauce** (see pantry for amount), **veg stock paste** and **mixed herbs** to the **bacon** pan.
- Stir and bring to the boil, then lower the heat and simmer until slightly reduced, 3-4 mins.
- Once reduced, stir in the **crema fraiche** and **half the hard Italian style cheese**, adding a splash of **water** if it's a little thick.



Add the Veg

- Lower the heat to medium, then add the **sliced mushrooms** and **courgette** to the **lardons**.
- Cook, stirring occasionally, until the **veg** is softened and starting to brown, 4-5 mins.
- Add the **garlic** and cook until fragrant, 1 min.
IMPORTANT: Cook lardons thoroughly.



Finish and Serve

- Add the **cooked pasta** to the **sauce**. Toss to coat and season to taste with **salt** and **pepper**.
- Serve your **bacon linguine** in bowls and sprinkle over the the remaining **cheese**.

Enjoy!