



# Creamy Bacon & Mustard Penne

with Pear & Blue Cheese Salad

**Rapid** 20 Minutes • 1 of your 5 a day

3



Garlic Clove



Shallot



Baby Gem Lettuce



Pear



Penne Pasta



Bacon Lardons



Chicken Stock Powder



Wholegrain Mustard



Grated Hard Italian Style Cheese



Crème Fraîche



Honey



Cider Vinegar



Blue Cheese

## Before you start

Our fruit and veggies need a little wash before you use them

## Cooking tools, you will need

Saucepan, Fine Grater (or Garlic Press), Mixing Bowl, Colander, Frying Pan, Measuring Jug and Small Bowl.

## Ingredients

	2P	3P	4P
Garlic Clove**	1 clove	2 cloves	2 cloves
Shallot**	1	1	2
Baby Gem Lettuce**	1	2	2
Pear**	1	1	2
Penne Pasta <b>13</b>	200g	300g	400g
Bacon Lardons**	60g	90g	120g
Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Wholegrain Mustard <b>9</b>	1 pot	2 pots	2 pots
Grated Hard Italian Style Cheese <b>7</b> <b>8</b> **	1 sachet	1½ sachets	2 sachets
Crème Fraîche <b>7</b> **	100g	150g	200g
Honey	1 sachet	2 sachets	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Blue Cheese <b>7</b> **	30g	45g	60g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	488g	100g
Energy (kJ/kcal)	3441/823	705/169
Fat (g)	37	7
Sat. Fat (g)	16	3
Carbohydrate (g)	94	19
Sugars (g)	20	4
Protein (g)	33	7
Salt (g)	2.72	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7**) Milk **8**) Egg **9**) Mustard **13**) Gluten **14**) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



## 1

**a)** Bring a saucepan of **water** up to the boil with 0.5 tsp **salt** for the **pasta**.

**b)** Peel and grate the **garlic** (or use a garlic press).

**c)** Halve, peel and thinly slice the **shallot**.

**d)** Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways and put into a large bowl.

**e)** Trim the top and bottom from the **pear** and quarter lengthways. Remove the core and thinly slice each quarter widthways. Add it to the bowl with the **lettuce**.



## 4

**a)** When boiling, add **half** the **hard Italian style cheese** and the **crème fraîche** to the **sauce** and stir to melt the **cheese**, bring to the boil for 1-2 mins.

**b)** Once melted and you have a smooth sauce stir through the **cooked pasta**.

**c)** Cook until piping hot, 1-2 mins.

**d)** Taste and season with **salt** and **pepper**.



## 2

**a)** When the pasta water has come to the boil, add the **penne** and boil until tender, 12 mins.

**b)** When cooked drain in a colander, pop back into the pan.

**c)** Drizzle with some **oil** and stir through to prevent it from sticking together.



## 5

**a)** Meanwhile, combine the **honey**, **cider vinegar** and remaining **mustard** in a small bowl.

**b)** Add the **oil** (see ingredients for amount) and season with **salt** and **pepper**.

**c)** Mix well and pour into the **lettuce** bowl along with the **Blue cheese**.

**d)** Toss together with your hands and set aside.



## 3

**a)** Meanwhile, heat a splash of **oil** in a large frying pan over a medium-high heat. Once hot, add the **bacon lardons** and cook until browned all over, 3-4 mins. **IMPORTANT:** Cook the **bacon lardons** throughout.

**b)** Add the **shallot** and cook until it begins to soften, 2-3 mins.

**c)** Once softened, add the **garlic** and cook, stirring for 1 minute.

**d)** Add the **water** (see ingredients for amount), **chicken stock powder** and **half** of the **mustard**. Stir to dissolve and bring to the boil.



## 6

**a)** Share the **pasta** between your bowls and top with the remaining **hard Italian style cheese**.

**b)** Serve the **salad** in a bowl on the side.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.