



# CREAMY HAM HOCK PENNE

with Mangetout



## HELLO PENNE

The word 'penne' is derived from the Latin penna meaning 'feather' or 'quill' because of its shape.



Onion



Mangetout



Parsley



Garlic Clove



Lemon



Wheat Penne



Ham Hock



Crème Fraîche



Italian Style Grated Hard Cheese



Wholegrain Mustard

MEAL BAG  
GFI

20 mins

Family Box

1.5 of your 5 a day

Little heat

Our creamy ham hock penne pasta dish is a real crowd-pleaser that only takes 20 minutes to prepare. Cheese lovers, rejoice, as the sauce combines creme fraiche and Italian style hard cheese, plus mustard for some kick and lemon zest for zing. Ham hock is the perfect addition to this dish because its salty taste pairs brilliantly with the creaminess of the sauce while adding mangetout lends a sweetness and lovely pop of colour. This is a moorish dish that is both hearty and refreshing.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Fine Grater**, **Colander**, **Large Frying Pan** and **Measuring Jug**. Now, let's get cooking!



### 1 GET PREPPED

Bring a large saucepan of water to the boil with a pinch of salt for the wheat pasta. Halve, peel and thinly slice the **onion**. Halve the **mangetout** widthways. Finely chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Zest the **lemon** and cut in half.



### 2 COOK THE WHEAT PASTA

When boiling, pop the **wheat pasta** into the pan of **water** and cook for 10 mins. Once cooked, drain in a colander and return to the saucepan, off the heat. Drizzle over a little **oil** and stir through (to stop it from sticking together!), then cover with a lid to keep warm.



### 3 START THE SAUCE

In the meantime, heat a glug of **oil** in a large frying pan over medium heat. Once hot, add the **onion** and cook until soft and starting to colour, stirring occasionally, 5-8 mins. Once softened, stir in the **mangetout**, **garlic** and **ham hock**. Cook for 1 minute more.



### 4 PREP THE FLAVOUR

While the **onion** is cooking, mix the **crème fraîche**, **Italian style grated hard cheese**, **mustard** and **lemon zest** together in a small bowl.



### 5 COOK THE SAUCE

Next, stir the **crème fraîche mix** into the frying pan. Add the **water** (see ingredients for amount) and stir well to combine. Cook until thickened and reduced, then remove from the heat, 2-3 mins. Stir through the chopped **parsley** and season to taste with a pinch of **salt**, a good grind of **pepper** and a squeeze of **lemon juice**.



### 6 COMBINE AND SERVE

As soon as you are happy with the flavour of the **sauce**, add the **wheat pasta** to the frying pan and gently toss to coat. Carefully reheat the **wheat pasta** if necessary and add a splash of water if the sauce is a little thick. Taste and add more **salt**, **pepper** and **lemon juice** if you feel it needs it. Divide between your bowls and dig in. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1½	2
Mangetout *	1 pack	1½ packs	2 packs
Parsley *	1 bunch	1 bunch	1 bunch
Garlic Clove *	1	2	2
Lemon *	½	1	1
Wheat Penne 13)	200g	300g	400g
Ham Hock *	125g	200g	250g
Crème Fraîche 7) *	100g	150g	200g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Water*	100ml	150ml	200ml

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 475G	PER 100G
Energy (kJ/kcal)	3586 / 857	756 / 181
Fat (g)	40	8
Sat. Fat (g)	19	4
Carbohydrate (g)	91	19
Sugars (g)	15	3
Protein (g)	44	9
Salt (g)	1.74	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg 9) Mustard 13) Gluten

**Wheat Penne Pasta. Ingredients:** Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



You made this, now show it off! Share your creations with us:

📷 🐦 📺 📌 #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

HelloFRESH