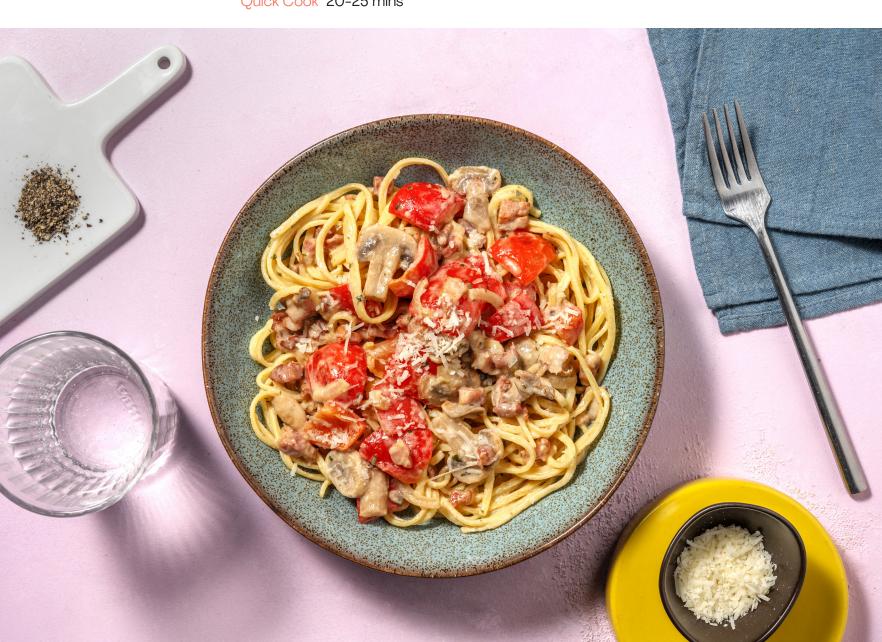


Bacon and Bell Pepper Linguine

with creamy mushroom sauce

Quick Cook 20-25 mins











Bacon Lardons











Dried Linguine

Vegetable Stock







Italian Herbs







Grated Italian Style Hard Cheese

Pantry Items: Oil, Salt, Pepper, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater

Ingredients

	2P	4P
Bacon Lardons	100 g	200 g
Onion	½ unit	1 unit
Mushrooms	150 g	250 g
Garlic	1 unit	2 units
Dried Linguine	180 g	360 g
Vegetable Stock	1 sachet	2 sachets
Italian Herbs	½ sachet	1 sachet
Creme Fraiche	110 g	220 g
Grated Italian Style Hard Cheese	50 g	100 g
Bell Pepper	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	418 g	100 g
Energy (kJ/kcal)	3129.6 kJ/ 748 kcal	748.7 kJ/ 178.9 kcal
Fat (g)	34 g	8.1 g
Sat. Fat (g)	17.6 g	4.2 g
Carbohydrate (g)	80 g	19.1 g
Sugars (g)	10.6 g	2.5 g
Protein (g)	33.7 g	8.1 g
Salt (g)	3 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Get Prepped

- Boil a large pot of **salted water** for the **linguine**.
- Halve and peel the onion. Thinly slice half (double for 4p).
- · Roughly chop the mushrooms.
- Halve the pepper and discard the core and seeds.
 Chop into 1cm chunks.
- Peel and grate the **garlic** (or use a garlic press).

TIP: If you're in a hurry you can boil the water in your kettle.



Cook the Pasta

- When the **water** is boiling, add the **linguine** and bring back to the boil.
- · Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with oil and stir through to prevent sticking.



Fry the Bacon

- Meanwhile, place a pan over medium-high heat with a drizzle of oil.
- Once the oil is hot, add the bacon lardons.
- Fry until golden, stirring occasionally, 4-5 mins. IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Add the Veg

- Lower the heat to medium then add the onion, mushrooms and pepper to the pan.
- Cook, stirring occasionally, until softened and starting to brown, 4-5 mins.
- With 1 min of cooking time left, add the **garlic** and cook, stirring frequently.



Simmer the Sauce

- Add 50ml water (double for 4p), stock powder and half the Italian herbs (double for 4p) to the pan.
- Bring to the boil then lower the heat.
- Simmer until slightly reduced, 3-4 mins.
- Stir the creme fraiche and half the cheese through the sauce.

TIP: Add a splash of water if you feel the sauce is too dry.



Finish and Serve

- Add the drained linguine to the sauce and toss everything together.
- Season to taste with salt and plenty of pepper.
- Serve in bowls and finish with a sprinkling of the remaining **cheese**.

Enjoy!