



Everything
But The Chef

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The Ultimate Bacon Arrabiata

Arrabiata literally means ‘angry’, which may sound puzzling given how tasty this pasta is! We think the Italians may have meant this in a more poetic than literal way – using fresh birdseye chilli certainly creates an almost ‘angry’ spiciness. It’s fresh and arresting rather than mellow, and cooked up in no time at all. We’ve also used red onion and rocket because there’s no stewing needed here; just a touch of heat is enough to create a magical sauce.

Prep: 10 mins
Cook: 15 mins
Total: 25 mins

level 1

spicy

Pantry Items



Olive Oil



White Wine



Sugar



Penne Pasta



Red Onion



Bacon



Birdseye Chilli



Garlic



Diced Tomatoes



Tomato



Rocket Leaves



Parmesan Cheese

2P	4P	Ingredients
200 g	400 g	penne pasta
1 tbs	2 tbs	olive oil *
½	1	red onion, finely chopped
2 rashers	4 rashers	bacon, finely chopped
1	2	birdseye chilli, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
2 tbs	4 tbs	white wine (optional) *
1 tin	2 tins	diced tomatoes
1	2	tomato, chopped
½ tsp	1 tsp	sugar *
½ bag	1 bag	rocket leaves, washed
½ block	1 block	Parmesan cheese, finely grated

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2710	Kj
Protein	27.5	g
Fat, total	19.9	g
-saturated	7.1	g
Carbohydrate	83.7	g
-sugars	10.7	g
Sodium	659	mg

Measuretool

0 cm	1 cm	2 cm



1

You will need: *chopping board, chef's knife, garlic crusher, box grater, large pot, colander, and a deep frying pan.*

1 In a large pot, bring some salted water to the boil. Add the **penne pasta** to the boiling water and cook for approximately **10 minutes** or until 'al dente', stirring regularly, to ensure that the pasta does not stick. Drain and set aside.



2

2 Meanwhile, heat the **olive oil** in a large, deep frying pan over a medium-high heat. Add the **red onion, bacon** and **birdseye chilli**. (If you don't like it too hot don't add the seeds.) Cook for **3-4 minutes**, or until the onion is soft. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **white wine, diced tomatoes, tomato** and **sugar**. Bring to the boil. Immediately reduce the heat to medium-low and simmer for **10 minutes** or until thickened slightly.



3

3 Add the drained pasta to the pan of sauce and stir through the **rocket leaves**. Season well with **salt** and **pepper**.



4

4 Scoop generous spoonfuls of this rustic pasta into serving bowls. Top with the **Parmesan cheese**.

Did you know? The word 'penne' originates from the latin word 'penna' meaning feather or quill.