



Presto Bacon and Mushroom Spaghetti

with Asparagus and Walnuts

RAPID 20 Minutes • 1 of your 5 a day

N° 15



Spaghetti



Sliced Mushrooms



Bacon Lardons



Garlic Clove



Asparagus



Flat Leaf Parsley



Crème Fraîche



Chicken Stock Powder



Grated Italian Style Hard Cheese



Walnuts

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

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

Ingredients

	2P	3P	4P
Spaghetti 13)	200g	300g	400g
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Bacon Lardons**	60g	90g	120g
Garlic Clove**	1 clove	2 cloves	2 cloves
Asparagus**	1 small pack	1 large pack	1 large pack
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Reserved Pasta Water for the Sauce*	100ml	150ml	200ml
Crème Fraîche 7) **	150g	225g	300g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Grated Italian Style Hard Cheese 7) 8) **	1 pack	1½ packs	2 packs
Walnuts 2)	1 small pot	1 large pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	373g	100g
Energy (kJ/kcal)	3343 / 799	896 / 214
Fat (g)	42	11
Sat. Fat (g)	17	5
Carbohydrate (g)	83	22
Sugars (g)	7	2
Protein (g)	32	9
Salt (g)	2.06	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **7)** Milk **8)** Egg **13)** Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Pasta

- Fill and boil your kettle.
- Fill a large saucepan with the boiling water and put on high heat. Bring back to the boil.
- Add ½ tsp of salt and the spaghetti.
- Cook for 12 mins.
- Once cooked, drain in a colander. Save some of the water to use in your sauce!



4. Add the Garlic

- Once the mushrooms and bacon lardons are golden, stir in the garlic for 30 seconds.
- When the pasta has 3 mins left, add the asparagus to the water.



2. Start the Sauce

- In the meantime, heat a drizzle of oil in a large frying pan over high heat.
- Once hot, add the sliced mushrooms and bacon. **IMPORTANT:** Cook the bacon throughout
- Cook, stirring occasionally, until golden all over, 4-5 mins.



5. Finish the Sauce

- Once the asparagus and pasta is drained, stir the saved pasta water (see ingredients for amount), the creme fraiche and stock powder into the mushrooms.
- Stir to dissolve the stock powder, then remove from the heat.
- Stir the drained pasta and asparagus, hard Italian style cheese and parsley into the sauce and gently toss to coat.
- TIP:** Add another splash of pasta water if the sauce is still a bit thick!



3. Prep

- Meanwhile, peel and grate the garlic (or use a garlic press).
- Chop the bottom 2cm off the asparagus and discard. Cut the asparagus widthways into 3cm long pieces.
- Roughly chop the parsley (stalks and all).



6. Serve!

- Season to taste with a pinch of salt and pepper.
 - Share between your bowls, sprinkle over the walnuts.
- Dig in!**

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.