



More Than Food  
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

## Refreshing Pasta with Mange Tout, Pancetta and Mint

Fred Astaire and Ginger Rogers, Batman and Robin, Bert and Ernie. Some things were born to go together. There are certain culinary marriages that endure the slings and arrows of foodie fashion and this dish is testament to one such union. Marrying a time-honoured mixture of fresh peas, mint and pancetta this recipe spins a classic combination into a light ensemble. It's quick to make, and perfect with a glass of something cold and bubbly.

20 mins

0.5 of your 5 a day

mealkit

eat within 2 days



Mint  
(½ bunch)



Garlic Clove  
(2)



Penne  
(200g)



Pine Nuts  
(25g)



Pancetta  
(1 pack)



Mange Tout  
(1 pack)



Crème Fraîche  
(1 pot)



Vegetable Stock Pot  
(½)



Parmesan Cheese  
(20g)

## 2 PEOPLE INGREDIENTS

- Mint, chopped
- Garlic Clove, grated
- Penne
- Pine Nuts
- Pancetta

½ bunch  
2  
200g  
25g  
1 pack

- Mange Tout
- Crème Fraîche
- Vegetable Stock Pot
- Parmesan Cheese

1 pack  
1 pot  
½  
20g

🌱 Our fruit and veggies may need a little wash before cooking!

**Did you know...**  
Mange Tout is French for 'eat all'.

**Allergens:** Milk, Mustard, Gluten, Celery, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt	<b>Vegetable Stock Pot Ingredients:</b> Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains <b>Sulphites</b> ), Stabiliser [Tara Gum], <b>Celery</b> Salt, <b>Celery</b> Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.
<b>Per serving</b>	889 kcal / 3723 kJ	47 g	26 g	84 g	7 g	31 g	2 g	
<b>Per 100g</b>	209 kcal / 877 kJ	11 g	6 g	20 g	2 g	7 g	0 g	



**1** Bring a large pot of water to the boil. Pull the **mint leaves** from their stalks, roughly chop the **leaves** and discard the stalks. Peel and grate the **garlic** (or use a garlic press if you have one).



**2** Cook the **penne** in the boiling water for 10 mins with a pinch of **salt**. **Tip:** Reserve some of the pasta water before you drain it, you will need it later on!

**3** Toast the **pine nuts** in a non-stick frying pan on medium-high heat until golden brown. **Tip:** They should take a few mins to start browning but watch them like a hawk as they can burn really easily. Once toasted, take them out of the pan and keep to one side.



**4** Heat a small splash of **olive oil** in the same pan on medium-high heat. Cook the **pancetta** until it goes crispy around the edges.

**5** Add the **mange tout** and cook for 5 mins. Add your **garlic** and fry for 1 minute more.



**6** Now add a splash of reserved **pasta water** to the pan and cook for 1 minute, before stirring in the **crème fraîche** together with the **vegetable stock pot** and a few grinds of **black pepper**.

**7** By now your **pasta** should be ready. Drain it and mix into your **sauce** together with your **mint**.

**8** Plate up your **pasta**, grate the **parmesan cheese** over the top and sprinkle on your **pine nuts**. Tuck in and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!