



# UCOOK

## Bacon & Kale Pasta

with Italian-style hard cheese & lemon

The simplest dinner with the tastiest results - ready in four steps. Spaghetti is tossed with bacon, kale, garlic, chilli flakes and fresh cream. Sprinkled with cheese ribbons and lemon zest!

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**Hands-On Time:** 20 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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 Easy Peasy

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 Warwick Wine Estate | First Lady Pinotage

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## Ingredients & Prep

300g	Spaghetti
9 strips	Streaky Pork Bacon <i>roughly sliced</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
300g	Kale <i>rinsed &amp; roughly shredded</i>
150ml	Fresh Cream
2	Lemons <i>1½ zested &amp; cut into wedges</i>
7,5ml	Dried Chilli Flakes
60g	Whole Italian-style Hard Cheese <i>peeled into ribbons</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. BUBBLE AWAY** Boil the kettle. Fill a pot for the pasta with boiling water, add a pinch of salt, and place over a high heat. Once boiling rapidly, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through some oil to prevent sticking.

**2. FRYING FRENZY** Place a pan, large enough for the pasta, over a medium-high heat with a drizzle of oil. Once hot, add the bacon slices in batches and fry for 2 minutes per side until golden and crispy. Return all the bacon to the pan and add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Add the shredded kale and fry for 4-5 minutes until slightly wilted.

**3. ALL TOGETHER NOW** Once the kale is wilted, stir through the cream, the juice of 3 lemon wedges, the chilli flakes and some seasoning. Loosen with some reserved pasta water if necessary. Toss through the cooked pasta until fully coated.

**4. PASTA PARADISE** Serve up a generous helping of the kale and bacon pasta. Top with the lemon zest and the cheese shavings. Side with any remaining lemon wedges and tuck in!



## Chef's Tip

Cooking pasta in salted water allows it to absorb the salt, enhancing its flavour, because the salt is dispersed throughout the dish and not just on the surface of the pasta, so you get a better end result!

## Nutritional Information

Per 100g

Energy	1143kJ
Energy	272Kcal
Protein	11.5g
Carbs	22g
of which sugars	1.8g
Fibre	2.2g
Fat	15.6g
of which saturated	7g
Sodium	312.6mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook  
within  
4 Days