



# UCOOK

## Easy Bacon Alfredo

with almonds & green leaves

Enjoy this rich pasta alfredo, with gems of bacon dotted throughout and packed with cream and Italian-style hard cheese. Served with a green salad for freshness and flaked almonds for texture.

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Sarah Hewitt

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 Fan Faves

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 Simonsig | Die Kluisenaar White Blend

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## Ingredients & Prep

1	Garlic Clove <i>peeled &amp; grated</i>
10ml	NOMU Provençal Rub
5ml	Chicken Stock
50ml	Fresh Cream
125g	Whole Wheat Penne Pasta
4 strips	Streaky Pork Bacon
30ml	Grated Italian-style Hard Cheese
20g	Green Leaves <i>rinsed</i>
10g	Almonds
3g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. ONE-POT PASTA** Boil the kettle. Place a pot over medium heat with a drizzle of oil. When hot, fry the grated garlic and the NOMU rub until fragrant, 1 minute (shifting constantly). Add 300ml of boiling water, the stock, the cream, and seasoning. Mix until fully combined. Bring up to a boil and add the penne. Cook until the sauce has thickened and reduced into a creamy consistency, and the penne is cooked al dente, 12-15 minutes. Add more boiling water if it reduces too quickly.

**2. MAKIN' THE BACON** Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Roughly chop.

**3. ALMOST THERE!** When the pasta is done, add the chopped bacon,  $\frac{1}{2}$  the grated cheese, and seasoning. Mix until fully combined. In a salad bowl, toss the rinsed green leaves with a drizzle of olive oil,  $\frac{1}{2}$  the almonds, and seasoning.

**4. BACON ALFREDO MAGIC** Plate up a heaping helping of the creamy bacon alfredo. Top with the remaining grated cheese, the chopped parsley, and the remaining almonds. Side with the fresh green salad. Stunningly simple, Chef!



## Chef's Tip

If you would like to toast the almonds, place them in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

Energy	1493kj
Energy	357kcal
Protein	12.7g
Carbs	36g
of which sugars	2.9g
Fibre	5.7g
Fat	17.5g
of which saturated	7.7g
Sodium	542mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days