

QCOOK

Bacon & Street Corn Pasta

with a sprinkle of chilli flakes and crispy onion bits

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Paul Cluver | Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	1265kj	4049kj
Energy	303kcal	969kcal
Protein	13.1g	41.9g
Carbs	25g	80g
of which sugars	2.8g	9.1g
Fibre	1.5g	4.7g
Fat	16.4g	52.6g
of which saturated	5.5g	17.6g
Sodium	467mg	1494mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Penne Pasta
4 strips	8 strips	Streaky Pork Bacon
50g	100g	Corn
20g	40g	Salad Leaves <i>rinse & finely shred</i>
20g	40g	Piquanté Peppers <i>drain</i>
60ml	120ml	Creamy Pesto <i>(15ml [30ml] Pesto Princess Basil Pesto & 45ml [90ml] Greek Yoghurt)</i>
5ml	10ml	Dried Chilli Flakes
10g	20g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

- 1. PENNE FOR YOUR THOUGHTS** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.
- 2. BETTER WITH BACON** Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 2-3 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.
- 3. SWEET POPS OF CORN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 4. MAKE THE SALAD** Toss the corn, salad leaves, piquante peppers, creamy pesto, bacon, and seasoning through the pasta.
- 5. SO SATISFYING** Bowl up the corn pasta and sprinkle over the chilli flakes and onion bits. Enjoy!