



UCOOK

Crispy Bacon Linguine

with fresh cream & Italian-style cheese


A velvety 'carbonara-esque' dream sauce with linguine. Mounds of pasta are intertwined with bits of crispy bacon, shmelly cheese and plump peas. Finished off with gratings of cheese, and toasty seeds and sided with fresh leaves. Comfort, here we come!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Easy Peasy

 Anthonij Rupert | L'Ormarins Brut Classique
NV

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Ingredients & Prep

125g	Linguine Pasta
10g	Sunflower Seeds
3 strips	Streaky Pork Bacon
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
65ml	Fresh Cream
15ml	Grated Italian-style Hard Cheese
50g	Peas
20g	Salad Leaves <i>rinsed & roughly shredded</i>
15ml	Cabernet Sauvignon Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Milk (optional)
Sugar/Sweetener/Honey

1. PASTA BLISS Boil the kettle. Fill a pot with boiling water, add a good pinch of salt, and bring to a boil. Once boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of the water. Toss some oil through the pasta to prevent sticking and return to the pot. Cover to keep warm.

2. SEEDS & CRISPY BACON Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion. Return the pan to a medium heat, with a drizzle of oil. When hot, fry the bacon for 2 minutes per side until golden and crispy. Remove from the pan and drain on paper towel. Roughly chop when cool enough to handle.

3. BEGIN THE SAUCE Return the pan to a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for about 1 minute, until fragrant, shifting constantly. Reduce the heat and pour in 200ml of water. Simmer for 6-7 minutes until reduced by ¾.

4. LUXURIOUS CREAMINESS Loosen the cream with 60ml of milk or the reserved pasta water. Once the onion sauce has reduced, stir through the loosened cream. Increase the heat and bring up to a slight simmer for about 1-2 minutes until slightly reduced. Mix through the peas and chopped bacon, and cook for a further 1-2 minutes. Add ½ the grated hard cheese, the cooked pasta and mix until fully combined. Remove from the heat and season to taste.

5. SOME FRESHNESS In a salad bowl, add the salad leaves with a drizzle of olive oil, vinegar, a sweetener of choice and some seasoning. Toss until fully combined.

6. DIG IN! Dish up a generous mound of the creamy bacon pasta. Side with the fresh salad and sprinkle over the toasted sunflower seeds and the remaining grated cheese. Buon appetito!

Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

Nutritional Information

Per 100g

Energy	1164kJ
Energy	278Kcal
Protein	10.1g
Carbs	26g
of which sugars	3.6g
Fibre	2.2g
Fat	14.4g
of which saturated	6.1g
Sodium	240.2mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 3
Days