



AUG
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Penne Arrabbiata

with Pancetta, Chili, and Parmesan

Translating to “angry” in Italian, *arrabbiata* is known for its kick. We’ve reinvented this Italian classic by adding salty pancetta to the mix. Wilting arugula into the sauce is a great way to sneak in extra greens. If you’re not a fan of heat, simply tone down (or leave out) the chili pepper!

 Prep
30 min

 level 1



Penne



Red Onion



Pancetta



Chili Pepper



Garlic



Diced Tomatoes




Arugula



Parmesan Cheese

Ingredients

	2 People	4 People	
Penne	1 pkg (170 g)	2 pkg (340 g)	
Red Onion, finely chopped	1 pkg (113 g)	2 pkg (227 g)	
Pancetta	1 pkg (100 g)	2 pkg (200 g)	
Long Red Chili Pepper 	1	2	
Garlic	2 cloves	4 cloves	
Diced Tomatoes	1 can	2 cans	
Arugula	1 pkg (113 g)	2 pkg (227 g)	
Parmesan Cheese	1 pkg (¼ cup)	2 pkg (½ cup)	
Sugar*	¼ tsp	½ tsp	
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Large Pot, Large Non-Stick Pan, Strainer

Ruler

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Nutrition per person Calories: 575 cal | Fat: 16 g | Sat. Fat: 5 g | Protein: 24 g | Carbs: 91 g | Sugar: 18 g | Sodium: 847 mg | Fiber: 6 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Mince or grate the **garlic**. Chop the **pancetta** into ½-inch cubes. Mince the **chili pepper**, removing the seeds and ribs if you prefer less heat. (**TIP:** Be sure to wash your hands after handling the chili pepper!)

2 Cook the pasta: Add the **penne** to the boiling **water** and cook for 9-11 min, until al dente. Drain.



3 Make the sauce: Meanwhile, heat a large non-stick pan over medium heat. Add a small drizzle of **oil**, then the **pancetta**. Cook, stirring occasionally, until golden-brown and crispy, 4-5 min. Remove **crispy pancetta** to a paper towel-lined plate. (**TIP:** Leave the oil in the pan! It will add extra flavour to your sauce.) Add the **onion** and **garlic** to the pan. Cook, stirring occasionally, until softened, 3-4 min.



4 Add the **diced tomatoes**. Bring to a simmer and cook until slightly thickened, 3-4 min.

5 Add the drained **penne** and the **arugula** to the sauce. Stir until arugula is wilted, 1-2 min. Season with **salt** and **pepper**. Add a **pinch of sugar**, if desired.



6 Finish and serve: Divide the **penne arrabbiata** between bowls. Sprinkle with **Parmesan cheese** and as much **chili pepper** as you like. Enjoy!

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