



Everything But The Chef

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Wk40
2015



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Pancetta Arrabiata Spirals

The classic combo of onion, garlic and tomato pair brilliantly with salty pancetta and basil in this pasta sauce. The real hero of the dish is the fresh and dried chilli which adds flavour and warmth. If you're feeling brave, amp up the amount of chilli flakes you add and enjoy this dish the traditional, 'angry' Italian way. **WARNING:** these little suckers pack a punch! Buon appetito.

Prep: 10 mins
Cook: 15 mins
Total: 25 mins
 level 1
 high protein
 spicy

Pantry Items

- Olive Oil
- White Wine
- Sugar



Wholemeal Spiral Pasta



Red Onion



Pancetta



Chilli Flakes



Garlic



Diced Tomatoes



Tomato



Basil



Rocket



Long Red Chilli



Parmesan Cheese

2P	4P	Ingredients
250 g	500 g	wholemeal spiral pasta
1 tbs	2 tbs	olive oil *
½	1	red onion, finely chopped
1 portion	2 portions	pancetta, rind removed & finely chopped
¼ tsp	½ tsp	chilli flakes
1 clove	2 cloves	garlic, peeled & crushed
2 tbs	4 tbs	white wine (optional) *
1 tin	2 tins	diced tomatoes
1	2	tomato, chopped
½ tsp	1 tsp	sugar *
1 bunch	2 bunches	basil, finely sliced
½ bag	1 bag	rocket, washed
1	2	long red chilli, sliced
½ block	1 block	Parmesan cheese, grated

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3040	Kj
Protein	33.1	g
Fat, total	17.9	g
-saturated	4.4	g
Carbohydrate	101	g
-sugars	10.2	g
Sodium	941	mg

Measuretool

0 cm	1 cm	2 cm

2a



You will need: chopping board, chef's knife, garlic crusher, grater, large pot, large deep frying pan, and a colander.

1 In a large pot, bring some salted water to the boil. Add the **wholemeal spiral pasta** to the boiling water and cook for approximately **10 minutes** or until 'al dente', stirring regularly to ensure that the pasta does not stick. Drain and set aside.

2 Meanwhile, heat the **olive oil** in a large, deep frying pan over a medium-high heat. Add the **onion, pancetta, and chilli flakes**. Start with only half of the chilli flakes if you don't like things to get too spicy! Cook for **3-4 minutes** or until the onion has softened. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **white wine, diced tomatoes, tomato, sugar** and the **basil** and bring to a simmer. Simmer for **3-4 minutes** or until slightly thickened.

3 Add the drained pasta to the pan and stir through the **rocket**. Season well with **salt and pepper**.

4 Scoop generous spoonfuls of this rustic pasta into serving bowls. If you like a chilli hit, sprinkle it with the **fresh chilli** and top with the **Parmesan cheese**.

2b



3a



3b



Did you know? In Italian, Arrabiata means 'angry' - referring to the heat of the chilli used in this pasta dish.