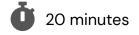




Antipasto Picnic Pasta with Bacon

Crispy bacon, salty feta and olives tossed through a balsamic-dressed pasta salad with fresh cherry tomatoes and baby spinach, finished with toasted flaked almonds. Even more delicious on a picnic!





2 servings



Prepare ahead!

This dish can easily be prepared ahead and served the next day! Serve any leftovers with some BBQ chicken or sausages!

PROTEIN TOTAL FAT CARBOHYDRATES 125g

FROM YOUR BOX

SHORT PASTA	1 packet (500g)
FLAKED ALMONDS	1 packet (20g)
FREE-RANGE BACON	1 packet (90g)
SHALLOT	1
CHERRY TOMATOES	1 packet (200g)
MEDITERRANEAN MEDLEY	1 packet
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, 1 garlic clove, balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

You could use a pre-made pesto or dressing of choice instead of making your own.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions or until al dente. Drain pasta and set aside.



2. TOAST THE ALMONDS

Meanwhile, heat a frypan over mediumhigh heat. Add almonds and toast for 4-5 minutes until golden. Remove to a bowl and keep pan on heat.



3. COOK THE BACON

Slice bacon and shallot. Add to pan along with 1/2 tbsp olive oil and 1/2 tsp oregano and cook for 6-8 minutes until shallot is softened.



4. PREPARE THE DRESSING

Crush 1 garlic clove. Whisk together with 1/2 tbsp balsamic vinegar and 1 tbsp olive oil (see notes).



5. PREPARE THE SALAD

Halve tomatoes. Add to a large salad bowl with antipasto mix and baby spinach.



6. FINISH AND SERVE

Toss cooked pasta, dressing, bacon and shallot with salad. Season with salt and pepper to taste. Garnish with flaked almonds.



