





**More Than Food**  
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## Rigatoni Caprese with Olives and Buffalo Mozzarella

Since our first heady days packing up recipes in Patrick's living room, our enthusiastic Head Chef has whipped up well over 500 recipes. The other day we did a bit of research and it turns out there's a big trend in his recipes towards all things Italian. It's no wonder though - he spent six months travelling from Sicily to Milan filming a show about their food and discovered the delicious simplicity of their cooking. The mozzarella in tonight's recipe is one of our star ingredients - sourced from the heart of the Campania region in Italy, you're going to love it too!



25 mins



veggie



Garlic Clove (2)



Onion (½)



Black Olives (2 tbsp)



Oregano (½ bunch)



Organic Chopped Tomatoes (1 tin)



Tomato Purée (1 tbsp)



Rigatoni (200g)



Basil (½ bunch)



Buffalo Mozzarella (1 ball)

## Ingredients

2 PEOPLE ALLERGENS

Garlic Clove, chopped	2	
Onion, sliced	½	
Black Olives, chopped	2 tbsp	
Oregano, chopped	½ bunch	
Organic Chopped Tomatoes	1 tin	
Tomato Purée	1 tbsp	
Rigatoni	200g	Gluten
Basil, chopped	½ bunch	
Buffalo Mozzarella, torn	1 ball	Milk

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

An olive tree can live to between 300 and 600 years.

**Nutrition per serving:** Calories: 626 kcal | Protein: 30 g | Carbs: 83 g | Fat: 18 g | Saturated Fat: 10 g

1



**1** Boil a large pot of water with ¼ tsp of **salt**. Peel and very finely chop the **garlic**. Peel the **onion**, chop in half through the root and then slice into thin half moon shapes. Chop the **olives** up into tiny bits. Pull the **oregano** leaves from their stalks and finely chop the leaves.

2



**2** Add 1 tbsp of **olive oil** to a frying pan on medium heat. Once warm, add the **garlic** and **onion** and cook gently for around 5 mins. You want to cook the **onion** until it is soft, but don't let it colour too much.

**Tip:** You can add 1 tbsp of water and turn the heat down if it's cooking too quickly.

3



**3** Add the **chopped tomatoes**, **tomato purée**, chopped **olives** and **oregano** to your pan. Stir in ¼ tsp of **salt** and ¼ tsp of **sugar** (if you have some). Allow to bubble gently on medium-low heat for around 10 mins.

6



**4** Cook the **pasta** in the boiling water for around 11 mins or until 'al dente'. **Tip:** 'Al dente' simply means that the pasta is cooked through but has a slight hint of firmness left in the middle. Test for 'doneness' as you go until it is just right.

**5** When you drain your **pasta** save a few tbsp of the pasta **water** before you do so. **Tip:** *Italians often use a bit of pasta water to loosen up the tomato sauce a little - stir a bit through your sauce if needs be.*

**6** Roughly chop half the bunch of **basil** leaves (keep a little back for garnish) and stir them through your pasta sauce, together with your drained **pasta**, then toss all your ingredients together.

**7** Serve with a scattering of chopped **basil** leaves and tear over chunks of the **mozzarella**. Add a pinch of freshly ground **pepper** and get stuck in.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!