



# Creamy Lemony Rigatoni and Roasted Broccoli with Chilli, Lemon Zest and Garlic Crumb

43

Classic 30-35 Minutes • Mild Spice • 2 of your 5 a day



Broccoli Florets



Rigatoni Pasta



Garlic Clove



Lemon



Chilli Flakes



Panko Breadcrumbs



Creme Fraiche



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Peas



Diced Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, saucepan, colander, garlic press, fine grater, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Broccoli Florets**	200g	300g	400g
Rigatoni Pasta <b>13</b>	180g	270g	360g
Garlic Clove**	2	3	4
Lemon**	1	1	1
Chilli Flakes	1 pinch	2 pinches	2 pinches
Panko Breadcrumbs <b>13</b>	25g	35g	50g
Creme Fraiche** <b>7</b>	150g	225g	300g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Peas**	120g	180g	240g
Diced Chicken Breast**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	416g	100g	546g	100g
Energy (kJ/kcal)	3151/753	758/181	3798/908	696/166
Fat (g)	30.2	7.3	32.5	6.0
Sat. Fat (g)	17.4	4.2	18.0	3.3
Carbohydrate (g)	93.7	22.5	93.8	17.2
Sugars (g)	12.5	3.0	12.6	2.3
Protein (g)	27.7	6.7	59.2	10.8
Salt (g)	1.58	0.38	1.77	0.33

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Roast the Broccoli

Preheat your oven to 220°C/200°C fan/gas mark 7. Halve any large **broccoli florets** and pop onto a baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 12-15 mins.

## CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the other side of **broccoli** tray (use another tray if necessary). Drizzle with **oil** and season, then mix to combine. Roast with the **broccoli** for 12-15 mins until cooked through. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Bring on the Creamy Sauce

Return the (now empty) frying pan to medium heat with a drizzle of **oil**.

Add the remaining **garlic** and stir-fry for 30 secs.

Stir in the **creme fraiche**, **veg stock paste**, **water for the sauce** (see pantry for amount) and season with **salt** and **pepper**. Simmer until thickened slightly, 2-3 mins.



## Cook the Rigatoni

In the meantime, bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt**.

When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Mix It Up

Stir through the **hard Italian style cheese**, **cooked pasta** and **peas**. Simmer until piping hot, 1-2 mins.

Add a squeeze of **lemon juice** and stir through.

Taste and add more **salt**, **pepper** and **lemon juice** if needed.



## Zesty Crumb Time

While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **lemon zest**, **chilli flakes** (add less if you'd prefer things milder), **breadcrumbs** and **half the garlic**. Season with **salt** and **pepper** and fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch it like a hawk as they can burn easily.

Once cooked, transfer the **zesty garlic crumb** to a bowl and set aside.



## Serve

Share the **creamy pasta** between your bowls and top with the **roasted broccoli**.

Finish by sprinkling over the **zesty garlic crumb**.

## Enjoy!