



# Kids' Cheesy Pesto and Pea Rigatoni Pasta with Tenderstem® Broccoli Trees

**Kids** 15-20 Minutes • 1 of your 5 a day • Veggie

13A

Find all your unchilled Market items in bag A.



Tenderstem® Broccoli



Rigatoni Pasta



Mature Cheddar Cheese



Fresh Pesto



Peas

**Pantry Items**  
Salt

## Before you start

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

## Cooking tools

Saucepan, grater and colander.

## Ingredients

Ingredients	Quantity
Tenderstem® Broccoli**	80g
Rigatoni Pasta <b>13</b>	180g
Mature Cheddar Cheese** <b>7</b>	30g
Fresh Pesto** <b>7</b>	32g
Peas**	120g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2127 /508	967 /231
Fat (g)	13.8	6.3
Sat. Fat (g)	5.2	2.3
Carbohydrate (g)	73.3	33.3
Sugars (g)	7.4	3.4
Protein (g)	20.5	9.3
Salt (g)	0.63	0.29

## Allergens

**7) Milk 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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Packed in the UK

The Fresh Farm

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## Bring on the Rigatoni and Veg

**a)** Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt** for the **rigatoni**.

**b)** Meanwhile, halve any thick **broccoli stems** lengthways.

**c)** When boiling, stir the **rigatoni** into the **water** and bring back to the boil. Cook until tender, 12 mins.

**d)** When the **pasta** has 3-4 mins remaining, add the **Tenderstem® broccoli** to your pan of **rigatoni** and cook until just tender, 3-4 mins.

## Cheese and Peas, Please

**a)** Meanwhile, grate the **Cheddar cheese**.

**b)** Once the **pasta** and **broccoli** are cooked, drain in a colander and pop back in the pan. Mix in the **fresh pesto** and **peas** until everything is well coated.

## Pasta Time

**a)** Divide your **pesto** and **pea rigatoni** between 2 serving dishes and top with the **grated cheese**.

Enjoy!