

# Creamy Green Veg and Pesto Pasta

with Roasted Tomatoes



20 Minutes • 1 of your 5 a day







Baby Plum Tomatoes

Garlic Clove





Rigatoni Pasta

asta Vegetable Stock Paste





Creme Fraiche





Baby Spinach

Grated Hard Italian Style Cheese



Fresh Pesto



Bacon Lardons

#### Pantry Items

Salt, Olive Oil, Pepper, Sugar

### **CUSTOM RECIPE**

If you chose to add or double up on 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

Saucepan, garlic press, aluminium foil, baking tray, frying pan and colander.

### Ingredients

Ingredients	2P	3P	4P	
Baby Plum Tomatoes	125g	190g	250g	
Garlic Clove**	2	3	4	
Rigatoni Pasta 13)	180g	270g	360g	
Vegetable Stock Paste 10)	10g	15g	20g	
Creme Fraiche** 7)	150g	225g	300g	
Peas**	120g	180g	240g	
Baby Spinach**	40g	100g	100g	
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g	
Fresh Pesto** 7)	32g	48g	64g	
Bacon Lardons**	90g	120g	180g	
Pantry	2P	3P	4P	
Sugar*	½ tsp	¾ tsp	1 tsp	
Water for the Sauce*	150ml	200ml	250ml	
*Not Included **Store in the Fridge				

Not included ^^Store in the Frid

### **Nutrition**

. 10.0. 10.011			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	344g	100g	389g	100g
Energy (kJ/kcal)	3094 /739	901/215	3581 /856	922 /220
Fat (g)	35.6	10.4	44.7	11.5
Sat. Fat (g)	18.5	5.4	21.4	5.5
Carbohydrate (g)	81.3	23.7	82.2	21.2
Sugars (g)	12.4	3.6	12.4	3.2
Protein (g)	22.2	6.5	29.9	7.7
Salt (g)	1.65	0.48	2.88	0.74

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.

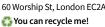
#### Contact

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# **Get Prepped**

- a) Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of water to the boil with ½ tsp salt for the pasta.
- b) Halve the baby plum tomatoes.
- c) Peel and grate the garlic (or use a garlic press).



### **Roast the Tomatoes**

- a) Pop the tomatoes onto a piece of foil.
- **b)** Drizzle over some **olive oil**. Season with **salt**, **pepper** and the **sugar** (see pantry for amount).
- **c)** Fold the foil, sealing on all sides to create a parcel, then place onto a small baking tray.
- **d)** When the oven is hot, roast the **tomato parcel** on the top shelf until softened, 12-15 mins.



### Pasta Time

- **a)** Meanwhile, add the **rigatoni** to the **boiling water** and bring back to the boil.
- b) Cook until tender, 12 mins.



# Bring on the Creamy Sauce

- **a)** While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium heat.
- **b)** Once hot, add the **garlic** and stir-fry for 1 min.
- c) Stir in the water for the sauce (see pantry for amount) and veg stock paste. Bring to the boil, then simmer until slightly reduced, 1-2 mins.
- **d)** Once reduced, stir in the **creme fraiche**, bring back to the boil, then remove from the heat. Taste and add **salt** and **pepper** if needed.

#### CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add to the pan before the **garlic**. Stir-fry until golden, 4-5 mins, then add the **garlic** and continue as instructed. **IMPORTANT**: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



# Combine and Stir

- a) Once cooked, drain the **pasta** in a colander, then add to the pan of **creamy sauce** along with the **peas** and heat through for 1-2 mins.
- **b)** Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- c) Stir through the cheese, then taste and season with salt and pepper if needed. Add a splash of water if you feel it needs it.



# Finish and Serve

- a) When everything's piping hot, spoon the creamy veg pasta into your bowls and drizzle over the fresh pesto.
- **b)** Carefully remove your **roasted tomatoes** from the foil and serve them on top.
- **c)** Spoon over the **tomato juices** from the **parcel** to finish.

# Enjoy!