



Creamy Truffle and Mushroom Rigatoni with Tenderstem® Broccoli

Rapid 20 Minutes • 1 of your 5 a day

18



Rigatoni Pasta



Garlic Clove



Tenderstem® Broccoli



Sliced Mushrooms



Creme Fraiche



Vegetable Stock Paste



Truffle Zest



Grated Hard Italian Style Cheese



Bacon Lardons

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

Saucepan, garlic press and colander.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
Garlic Clove**	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Sliced Mushrooms**	120g	180g	240g
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	20g	20g	40g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	319g	100g	364g	100g
Energy (kJ/kcal)	2673 / 639	839 / 201	3161 / 755	869 / 208
Fat (g)	28.9	9.1	38.0	10.5
Sat. Fat (g)	17.2	5.4	20.1	5.5
Carbohydrate (g)	73.0	22.9	73.9	20.3
Sugars (g)	7.4	2.3	7.4	2.0
Protein (g)	21.5	6.7	29.2	8.0
Salt (g)	1.47	0.46	2.69	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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Cook the Pasta

a) Bring a large saucepan of **water** to the boil with **½ tsp salt**.

b) Once boiling, add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.



Fry the Mushrooms

a) Once the **oil** is hot, add the **sliced mushrooms** and season with **salt** and **pepper**.

b) Stir-fry until golden, 4-5 mins.

c) Stir in the **garlic** and cook for 1 min more.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan with the **mushrooms**. 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.



Get Prepped

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

b) Cut the **Tenderstem®** into **thirds**.

c) When the **pasta** has been cooking for 8 mins, add the **Tenderstem®** to the same pan and bring back to the boil.

d) Cook with the **pasta** for the last 4 mins of cooking time.



Creamy Sauce Time

a) Next, reduce the heat slightly, then add the **creme fraiche** and **veg stock paste**.

b) Pour in the **water for the sauce** (see pantry for amount). Bring to the boil and simmer for 2 mins, then remove from the heat.

c) Stir through the **truffle zest** and **hard Italian style cheese**. Add a splash of **water** if the **sauce** is a little too thick.



Drain your Pasta and Veg

a) When the **pasta** and **broccoli** are cooked, drain them in a colander.

b) Drizzle with **oil** to stop them sticking together and leave the colander in the sink.

c) Pop your (now empty) pan back on medium-high heat with a drizzle of **oil**.



Combine and Serve

a) Add the **cooked pasta** and **broccoli** to the **creamy sauce** and toss together. Reheat if necessary.

b) Taste and add **salt** and **pepper** if needed.

c) Serve the **creamy rigatoni** in bowls and tuck in.

Enjoy!