



# Halloumi and Roasted Pepper Rigatoni

with Roasted Garlic Tomato Sauce and Baby Spinach

**Classic** 35-40 Minutes • 3 of your 5 a day

41



Halloumi



Bell Pepper



Mixed Herbs



Garlic Clove



Finely Chopped Tomatoes with Basil



Vegetable Stock Paste



Rigatoni Pasta



Baby Spinach



Diced Chicken Breast

**Pantry Items**

Oil, Salt, 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

Bowl, baking tray, aluminium foil, kitchen paper, frying pan, saucepan, kitchen scissors and colander.

## Ingredients

Ingredients	2P	3P	4P
Halloumi** 7)	225g	337g	450g
Bell Pepper***	1	2	2
Mixed Herbs	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Rigatoni Pasta 13)	180g	270g	360g
Baby Spinach**	100g	150g	200g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	524g	100g	654g	100g
Energy (kJ/kcal)	3399 / 812	649 / 155	4046 / 967	619 / 148
Fat (g)	31.1	5.9	33.4	5.1
Sat. Fat (g)	17.2	3.3	17.8	2.7
Carbohydrate (g)	87.2	16.7	87.4	13.4
Sugars (g)	19.9	3.8	20.0	3.1
Protein (g)	43.3	8.3	74.8	11.4
Salt (g)	5.55	1.06	5.74	0.88

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

## Allergens

7) Milk 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 Pepper

Preheat your oven to 220°C/200°C fan/gas mark 7. Drain the **halloumi**. Cut it into 2cm chunks. Add to a small bowl of **cold water** and leave to soak.

Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks, then pop onto a baking tray. Drizzle with **oil**, scatter over **half** the **mixed herbs** and season with **salt** and **pepper**.

Toss to coat, then roast on the top shelf of your oven until browned and tender, 20-25 mins.



## Tomato Sauce Time

Return the (now empty) frying pan to medium heat. Add the **chopped tomatoes**, **veg stock paste**, remaining **mixed herbs**, **sugar** and **water for the sauce** (see pantry for both amounts).

Season with **salt** and **pepper**, then bring to the boil. Lower the heat and gently simmer, stirring occasionally, until thickened, 10-12 mins.

Once the **garlic** has roasted, allow it to cool, then cut the end with scissors and squeeze it out of the skin. Mash with fork and stir into the **sauce**.

## CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan with the **sauce** ingredients. Simmer until cooked through, 10-12 mins, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Prep the Garlic

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Halfway through the **pepper** roasting time, pop the **garlic parcel** onto the same baking tray and roast until soft, 10-12 mins.

Meanwhile, remove the **halloumi cubes** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.



## Cook the Pasta

While the **sauce** simmers, add the **rigatoni** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

Once the **pepper chunks** have roasted, stir through the thickened **sauce** along with the **fried halloumi**.

Add the **spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins. Add a splash of **water** to loosen if it's a little thick. Taste and season with **salt** and **pepper** if needed.



## Fry the Halloumi

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

Once hot, add the **halloumi** and fry, turning frequently, until golden, 4-5 mins. Transfer to a plate and set the pan aside.

While the **halloumi** fries, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.



## Serve

Once the **pasta** is cooked, drain in a colander and stir it through the **sauce**.

Share the **halloumi** and **pepper rigatoni** between your bowls.

## Enjoy!