



Creamy Green Veg and Pesto Pasta with Roasted Tomatoes

Quick 20 Minutes • 1 of your 5 a day • Veggie

17



Baby Plum Tomatoes



Garlic Clove



Rigatoni Pasta



Vegetable Stock Paste



Creme Fraiche



Peas



Baby Spinach



Grated Hard Italian Style Cheese



Fresh Pesto

Pantry Items

Olive Oil, Salt, Pepper, Sugar, Oil

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 |
| Crema 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 | 50g | 64g |
| Pantry | 2P | 3P | 4P |
| Water for the Sauce* | 150ml | 200ml | 250ml |
| Sugar* | ½ tsp | ¾ tsp | 1 tsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 3094 /739 | 901 /215 |
| Fat (g) | 35.6 | 10.4 |
| Sat. Fat (g) | 18.5 | 5.4 |
| Carbohydrate (g) | 81.3 | 23.7 |
| Sugars (g) | 12.4 | 3.6 |
| Protein (g) | 22.2 | 6.5 |
| Salt (g) | 1.65 | 0.48 |

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



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.



All Together Now

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!