



Creamy Rigatoni

with Garlicky Greens and Creme Fraiche

Classic 30-35 Minutes • 2 of your 5 a day

42



Echalion Shallot



Garlic Clove



Courgette



Lemon



Rigatoni Pasta



Baby Spinach



Creme Fraiche



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

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, peeler, fine grater, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Courgette**	1	1	2
Lemon**	½	1	1
Rigatoni Pasta 13	180g	270g	360g
Baby Spinach**	100g	150g	200g
Creme Fraiche** 7	150g	225g	300g
Vegetable Stock Paste 10	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Reserved Pasta Water*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	421g	100g	551g	100g
Energy (kJ/kcal)	2914 / 696	693 / 166	3561 / 851	647 / 155
Fat (g)	31.7	7.5	34.0	6.2
Sat. Fat (g)	19.0	4.5	19.7	3.6
Carbohydrate (g)	80.4	19.1	80.5	14.6
Sugars (g)	12.4	2.9	12.5	2.3
Protein (g)	25.1	6.0	56.5	10.3
Salt (g)	1.67	0.40	1.87	0.34

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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1 Prep Time

Put a large saucepan of **water** with **½ tsp salt** on to boil for the **pasta**.

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).

Trim the **courgette**. Use a peeler to peel long ribbons down the length of the **courgette**, stopping at the spongy centre.

Zest and halve the **lemon** (see ingredients for amount).



4 Make the Creamy Sauce

Once the **oil** is hot, add the **shallot** and cook, stirring occasionally, until softened, 4-5 mins. Stir in the **veg stock paste** and **reserved pasta water**, then simmer until reduced by half, 3-4 mins.

Mix in the **creme fraiche** and heat through until piping hot, then season with **pepper**.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before you add the **shallot** and season. Fry until browned all over, 5-6 mins, then add the **shallot** and continue as instructed. The **chicken** will cook through while simmering.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



2 Cook the Pasta

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

When ready, reserve some of the **pasta water** (see pantry for amount), then drain in a colander.

Pop the **pasta** back into the pan, drizzle with **oil** and stir through to stop it sticking together.



5 Combine and Stir

Stir **three quarters** of the **hard Italian style cheese** through your **creamy sauce**.

Add the **cooked pasta** and **half** the **cooked green veg** and stir well to combine. Add a splash of **water** if it's a little too thick.

Add a pinch of **lemon zest** and a squeeze of **lemon juice**. Taste and add more **lemon juice**, **salt** and **pepper** if needed.



3 Stir-Fry the Green Veg

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **courgette ribbons** and season with **salt** and **pepper**. Cook until softened, 2-3 mins, then stir in the **garlic** and cook for 1 min more.

Add the **spinach** a handful at a time and cook until wilted and piping hot, 1-2 mins. Transfer everything to a large bowl and cover to keep warm.

Put your (now empty) frying pan back on medium heat with a drizzle of **oil**.



6 Serve

Share the **creamy pasta** between your bowls and top with the remaining **cooked green veg**.

Finish with a sprinkle of the remaining **hard Italian style cheese**.

Enjoy!