



Creamy Harissa and Double Cheese Pasta Bake with Pepper and Sweetcorn

41

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day



Rigatoni Pasta



Bell Pepper



Garlic Clove



Sweetcorn



Mozzarella



Mature Cheddar
Cheese



Harissa Paste



Tomato Puree



Vegetable Stock
Paste



Creme Fraiche



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. Ingredients in red are hot!

Cooking tools

Saucepan, colander, garlic press, sieve, kitchen paper, grater, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Sweetcorn	160g	340g	340g
Mozzarella** 7)	1 ball	1 ball	2 balls
Mature Cheddar Cheese** 7)	30g	40g	60g
Harissa Paste 14)	50g	75g	100g
Tomato Puree	30g	45g	60g
Vegetable Stock Paste 10)	10g	15g	20g
Crème Fraîche** 7)	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

*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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	452g	100g	582g	100g
Energy (kJ/kcal)	3351/801	741/177	3999/956	876/164
Fat (g)	36.0	8.0	38.3	6.6
Sat. Fat (g)	17.3	3.8	18.0	3.1
Carbohydrate (g)	87.3	19.3	87.4	10.5
Sugars (g)	17.9	4.0	18.0	3.1
Protein (g)	29.5	6.5	61.0	10.5
Salt (g)	2.54	0.56	2.73	0.47

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
14) Sulphites

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.

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Cook the Pasta

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

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

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Get Prepped

While the **pasta** cooks, halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.

Peel and grate the **garlic** (or use a garlic press).

Drain the **sweetcorn** in a sieve.

Drain the **mozzarella** and squeeze out as much liquid as you can. Pat dry with kitchen paper, then tear into small pieces.

Grate the **Cheddar cheese**. Preheat the grill to high.



Start your Pasta Sauce

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **pepper chunks** and **corn**. Stir-fry until tender, 5-6 mins.

Lower the heat to medium and add the **garlic** and **harissa paste** (add less if you'd prefer things milder). Stir-fry for 1 min more.

Stir in the **tomato puree**, **veg stock paste**, **crème fraiche**, **sugar** and **water for the sauce** (see pantry for both amounts).

CUSTOM RECIPE

If you're chosen to add **diced chicken** to your meal, add it to the pan with the **pepper chunks** and **corn**. Stir-fry until browned all over, 5-6 mins, then continue as instructed. The **chicken** will cook through while baking. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Assemble your Bake

Bring the **sauce** to the boil, then lower the heat and simmer until thickened, 3-4 mins. Taste and season with **salt** and **pepper** if needed.

When ready, combine the **cooked pasta** and **sauce** (in whichever pan is biggest). Add a splash of **water** if it's a little too thick, then transfer to an appropriately sized ovenproof dish.

Scatter over the **mozzarella** and **Cheddar**.



Time to Grill

Pop the **dish** under the grill and cook until the **cheese** is bubbling and golden, 7-8 mins.



Serve

When ready, share the **harissa pasta bake** between your bowls.

Enjoy!