



Cheesy Broccoli Pasta Bake with Balsamic Dressed Baby Leaf Salad

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

42



-  Broccoli Florets
-  Rigatoni Pasta
-  Mature Cheddar Cheese
-  Garlic Clove
-  Breadcrumbs
-  Creme Fraiche
-  Vegetable Stock Paste
-  Grated Hard Italian Style Cheese
-  Dijon Mustard
-  Baby Leaf Mix
-  Balsamic Glaze
-  Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper, Olive Oil

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, grater, garlic press, bowl, frying pan, colander and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Broccoli Florets**	200g	300g	400g
Rigatoni Pasta 13)	180g	270g	360g
Mature Cheddar Cheese** 7)	60g	60g	80g
Garlic Clove**	2	3	4
Breadcrumbs 13)	25g	35g	50g
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Dijon Mustard 9) 14)	10g	15g	20g
Baby Leaf Mix**	20g	50g	50g
Balsamic Glaze 14)	12ml	18ml	24ml
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	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	418g	100g	548g	100g
Energy (kJ/kcal)	3979 /951	952 /228	4626 /1106	844 /202
Fat (g)	51.1	12.2	53.5	9.8
Sat. Fat (g)	26.8	6.4	27.5	5.0
Carbohydrate (g)	86.2	20.6	86.4	15.8
Sugars (g)	10.4	2.5	10.6	1.9
Protein (g)	34.9	8.4	66.4	12.1
Salt (g)	2.69	0.64	2.88	0.53

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


Allergens

7) Milk **8)** Egg **9)** Mustard **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.

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

 You can recycle me!



Cook the Pasta

Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **rigatoni**.

Meanwhile, halve any large **broccoli florets**.

When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook for 7 mins.



Get Cheesy

When the **pasta** has been cooking for 7 mins, add the **broccoli florets** to the pan and bring back to the boil.

Cook with the **pasta** until tender, 5 more mins. Once cooked, drain well in a colander.

In the meantime, once the **sauce** has thickened, stir in the **Cheddar, hard Italian style cheese** and **Dijon mustard** until melted, 1-2 mins. Season with **salt** and **pepper**, then remove from the heat.



Get Prepped

Meanwhile, grate the **Cheddar cheese**. Peel and grate the **garlic** (or use a garlic press).

In a small bowl, combine the **breadcrumbs** and **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**, then set aside.



Combine and Grill

Stir the **cooked pasta** and **broccoli** into the **sauce**, then transfer it into an appropriately sized ovenproof dish.

Sprinkle over the **crumbs**, then pop under the grill until golden, 2-3 mins. **TIP: Watch the crumbs carefully as they can burn easily.**



Make the Sauce

Heat your grill to high. Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **garlic** and fry for 30 secs. Stir in the **creme fraiche, veg stock paste** and **water for the sauce** (see pantry for amount).

Bring to the boil, then lower the heat and simmer until slightly thickened, 3-4 mins.

CUSTOM RECIPE

If you've chosen to add **diced chicken**, add it to the pan before the **garlic** and cook until browned all over, 5-6 mins, then add the **garlic** 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.**



Serve

When the **broccoli pasta bake** is ready, share it out between your plates.

Serve the **baby leaves** alongside and drizzle the **balsamic glaze** over them to finish.

Enjoy!