



# Spicy Cajun Tomato & Super Greens Rigatoni with Italian Style Cheese

20

**Quick** 20 Minutes • **Very Hot** • 2 of your 5 a day



Tenderstem® Broccoli



Garlic Clove



Rigatoni Pasta



Cajun Spice Mix



Tomato Passata



Red Wine Stock Paste



Sun-Dried Tomato Paste



Baby Spinach



Peas



Grated Hard Italian Style Cheese



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

### 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

Kettle, garlic press, saucepan, frying pan and colander.

## Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	2	3	4
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Sun-Dried Tomato Paste	25g	37g	50g
Baby Spinach**	40g	40g	80g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	60g	80g
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	430g	100g	560g	100g
Energy (kJ/kcal)	2674 /639	621 /149	3321 /794	593 /142
Fat (g)	17.8	4.1	20.1	3.6
Sat. Fat (g)	9.6	2.2	10.3	1.8
Carbohydrate (g)	91.6	21.3	91.7	16.4
Sugars (g)	18.3	4.3	18.4	3.3
Protein (g)	26.2	6.1	57.7	10.3
Salt (g)	3.45	0.80	3.65	0.65

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

## Allergens

**7)** Milk **8)** Egg **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, cereals containing 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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## Time to Prep

- Boil a full kettle.
- Halve any thick **broccoli stems** lengthways, then cut into thirds widthways.
- Peel and grate the **garlic** (or use a garlic press).



## Cook the Broccoli

- When the **rigatoni** has been cooking for about 8 mins, add the **Tenderstem®** to the same pan and bring back to the boil.
- Cook with the **pasta** for the last 3-4 mins of cooking time.
- Once cooked, drain the **pasta** and **broccoli** in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Cook the Pasta

- Once boiled, pour the **water** into a large saucepan with ½ **tsp salt** on high heat.
- Add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.



## Add the Veg

- Once the **tomato sauce** has thickened, add the **butter** (see pantry for amount) and **spinach** to the pan, a handful at a time until wilted and piping hot, 1-2 mins.
- Stir the **cooked pasta**, **broccoli**, **peas** and **three quarters** of the **cheese** into the **sauce**. Heat through until the **peas** are piping hot, 1 min more.
- Taste and season with **salt** and **pepper** if needed. Add a splash more **water** if you feel it needs it.



## Start the Sauce

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. Add the **Cajun spice mix** (add less if you'd prefer things milder) and **garlic**. Stir-fry for 30 secs.
- Stir in the **passata**, **red wine stock paste**, **sun-dried tomato paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.

## CUSTOM RECIPE

If you're adding **chicken**, add it to the pan before the **Cajun spice mix** and **garlic**. Fry until browned all over, 5-6 mins, then continue as instructed, simmering for 3-4 mins instead. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Serve

- Share the **Cajun spiced tomato pasta** out between your serving bowls.
- Sprinkle over the remaining **cheese** to finish.

## Enjoy!