



Classic Creamy Pasta Primavera with Leek, Peas and Tarragon Gremolata

Quick 20 Minutes • 2 of your 5 a day

17



Garlic Clove



Leek



Rigatoni Pasta



Vegetable Stock Paste



Lemon



Tarragon



Creme Fraiche



Peas



Grated Hard Italian Style Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, 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.

Cooking tools

Saucepan, garlic press, colander, frying pan, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Leek**	1	2	2
Rigatoni Pasta 13)	180g	270g	360g
Vegetable Stock Paste 10)	10g	15g	20g
Lemon**	1	1	1
Tarragon**	1 bunch	1 bunch	1 bunch
Crème Fraîche** 7)	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Sauce*	125ml	180ml	250ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	482g	100g	527g	100g
Energy (kJ/kcal)	3367 / 805	698 / 167	3854 / 921	731 / 175
Fat (g)	40.1	8.3	49.2	9.3
Sat. Fat (g)	24.3	5.0	27.1	5.1
Carbohydrate (g)	87.6	18.2	88.5	16.8
Sugars (g)	14.6	3.0	14.6	2.8
Protein (g)	27.0	5.6	34.7	6.6
Salt (g)	1.89	0.39	3.12	0.59

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, 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.

Contact

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Prep your Veg

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

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

c) Trim and discard the root and dark green leafy part from the **leek**. Halve lengthways, then thinly slice.



Gremolata Time

a) Meanwhile, zest and cut the **lemon** into wedges. Pick the **tarragon leaves** from their stalks and finely chop (discard the stalks).

b) In a small bowl, combine the **lemon zest** and **half the tarragon**.

c) Set your **gremolata** aside.



Cook the Pasta

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

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

c) Meanwhile, melt the **butter** (see pantry for amount) with a drizzle of **oil** in a large frying pan on medium-high heat.



Bring on the Creamy Sauce

a) Stir the **crème fraîche** and **peas** into the **leek** pan. Simmer until the **sauce** is thickened and piping hot, 1-2 mins. Add the **cooked pasta** and toss to combine.

b) Remove the pan from the heat, then stir through the **cheese** and remaining **tarragon**.

c) Taste and season with **salt**, **pepper** and a squeeze of **lemon** from a **lemon wedge**. Add a splash more **water** if needed.



Fry the Leek

a) Once the **oil** is hot and the **butter** has melted, add the **sliced leek** and season with **salt** and **pepper**. Cook until the **leek** has softened, 4-6 mins, stirring occasionally. Add the **garlic** and cook for 1 min.

b) Next, stir in the **veg stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until slightly reduced, 2-3 mins.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan at the same time as the **leek**, then continue as instructed.
IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Serve

a) Share the **pasta primavera** between your bowls. Sprinkle over the **tarragon gremolata** to finish

b) Serve with any remaining **lemon wedges** for squeezing over.

Enjoy!