



# Creamy Miso Mushroom Rigatoni with Spinach and Cheese

**Quick** 20 Minutes • 1 of your 5 a day

18



Rigatoni Pasta



Sliced Mushrooms



Garlic Clove



Miso Paste



Wild Mushroom  
Paste



Creme Fraiche



Grated Hard  
Italian Style Cheese



Baby Spinach



Diced Chicken  
Breast

### 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

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

## Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta <b>13</b> )	180g	270g	360g
Sliced Mushrooms**	120g	180g	240g
Garlic Clove**	2	3	4
Miso Paste <b>11</b> )	15g	22g	30g
Wild Mushroom Paste	15g	22g	30g
Creme Fraiche** <b>7</b> )	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	40g	60g	80g
Baby Spinach**	40g	100g	100g
Diced Chicken Breast**	1 pack	1 pack	1 pack
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>370g</b>	<b>100g</b>	<b>500g</b>	<b>100g</b>
Energy (kJ/kcal)	3138 /750	848 /203	3785 /905	757 /181
Fat (g)	39.8	10.8	42.1	8.4
Sat. Fat (g)	24.2	6.5	24.8	5.0
Carbohydrate (g)	75.3	20.4	75.4	15.1
Sugars (g)	8.5	2.3	8.7	1.7
Protein (g)	22.6	6.1	54.0	10.8
Salt (g)	2.0	0.54	2.19	0.44

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

## Allergens

**7)** Milk **8)** Egg **11)** Soya **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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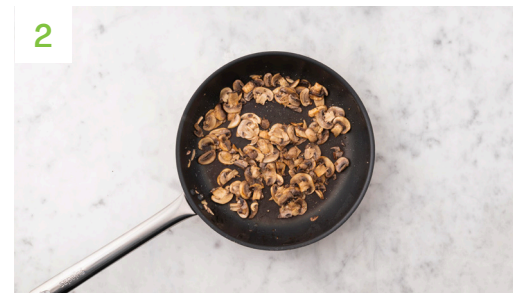


## Get your Pasta on

**a)** Boil a full kettle, then pour the **boiled water** into a large saucepan with  $\frac{1}{2}$  **tsp salt** on high heat.

**b)** Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.

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



## Fry the Mushrooms

**a)** Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sliced mushrooms** to the pan.

**b)** Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.



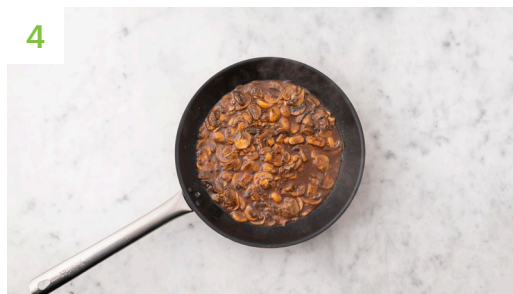
## Garlic Time

**a)** In the meantime, peel and grate the **garlic** (or use a garlic press).

**b)** Once the **mushrooms** have browned, add the **garlic** to the pan and cook for 1 min more.

## CUSTOM RECIPE

If you've chosen to add **diced chicken** to your meal, add it to the pan with the **mushrooms**. Fry until browned all over, 5-6 mins, then 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.



## Simmer the Sauce

**a)** Stir in the **water for the sauce** (see pantry for amount), **miso paste** and **wild mushroom paste**. **TIP:** If your wild mushroom paste has hardened, pop it in a bowl of hot water for 1 min.

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



## Combine and Stir

**a)** Once the **sauce** has thickened, stir in the **creme fraiche** and **hard Italian style cheese**. Simmer for 1 min.

**b)** Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

**c)** Stir in the **cooked pasta** and **butter** (see pantry for amount).

**d)** Taste and season with **salt** and **pepper** if needed. Add a splash more **water** if you feel it needs it.



## Serve

**a)** Share the **creamy miso pasta** out between your bowls.

## Enjoy!