



Creamy Harissa and Double Cheese Pasta Bake with Pepper and Sweetcorn

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

4



Rigatoni Pasta



Bell Pepper



Garlic Clove



Sweetcorn



Mozzarella



Mature Cheddar
Cheese



Tomato Puree



Vegetable Stock
Paste



Creme Fraiche



Harissa Paste



Diced Chorizo

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**	2	3	4
Sweetcorn	160g	340g	340g
Mozzarella** 7	1 ball	1 ball	2 balls
Mature Cheddar Cheese** 7	30g	40g	60g
Tomato Puree	30g	45g	60g
Vegetable Stock Paste 10	10g	15g	20g
Crema Fraiche** 7	75g	120g	150g
Harissa Paste 14	50g	75g	100g
Diced Chorizo**	90g	120g	180g

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 green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	454g	100g	500g	100g
Energy (kJ/kcal)	3362 / 803	740 / 177	4190 / 1001	839 / 200
Fat (g)	36.0	7.9	52.3	10.5
Sat. Fat (g)	17.3	3.8	23.4	4.7
Carbohydrate (g)	87.3	19.3	89.1	17.8
Sugars (g)	17.8	3.9	18.1	3.6
Protein (g)	29.7	6.5	41.0	8.2
Salt (g)	2.54	0.56	5.12	1.03


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, 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.

 You can recycle me!

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



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 into the pan. Drizzle with **oil** and stir through to stop it sticking together.



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). Stir through the **harissa paste** (add less if you'd prefer things milder). 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**.



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.



Time to Grill

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



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**. Cook for 30 secs more.

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

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan with the **pepper chunks** and **corn**. Fry until it starts to brown for the same amount of time, then continue as instructed.



Serve

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

Enjoy!