



Kids' Cheesy Pesto and Pea Rigatoni Pasta with Tenderstem® Broccoli

Kids 15-20 Minutes • 1 of your 5 a day • Veggie

27A

Find all your unchilled Market items in bag A.



Tenderstem Broccoli



Rigatoni Pasta



Mature Cheddar Cheese



Fresh Pesto



Peas

Pantry Items
Salt

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 and colander.

Ingredients

Ingredients	Quantity
Tenderstem Broccoli**	80g
Rigatoni Pasta 13)	180g
Mature Cheddar Cheese** 7)	30g
Fresh Pesto** 7)	64g
Peas**	120g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	235g	100g
Energy (kJ/kcal)	2427 /580	1033 /247
Fat (g)	20.4	8.7
Sat. Fat (g)	6.5	2.8
Carbohydrate (g)	74.5	31.7
Sugars (g)	7.7	3.3
Protein (g)	20.5	8.7
Salt (g)	0.96	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **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. Be careful when adding water to hot pans while cooking.

Contact

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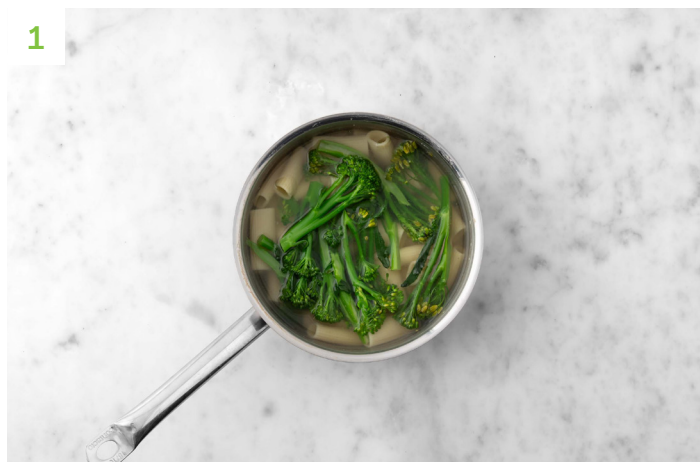
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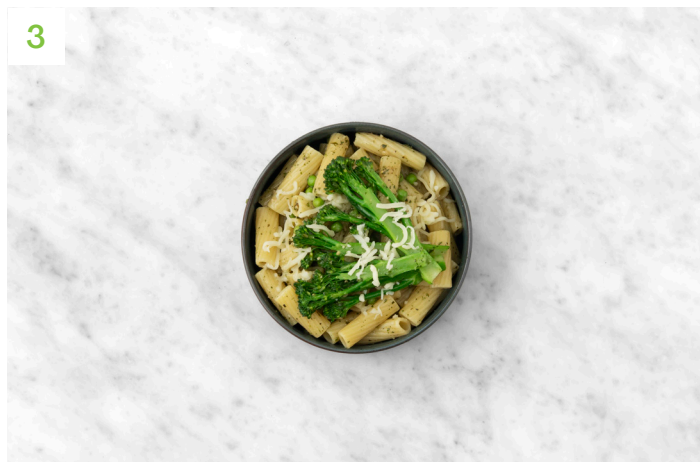
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2



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Bring on the Rigatoni and Veg

a) Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **rigatoni**.

b) Meanwhile, halve any thick **broccoli** stems lengthways.

c) When boiling, stir the **rigatoni** into the **water** and bring back to the boil. Cook until tender, 12 mins.

d) When the **pasta** has 3-4 mins remaining, add the **Tenderstem® broccoli** to your pan of **rigatoni** and cook until just tender, 3-4 mins.

Cheese and Peas, Please

a) While everything boils, grate the **Cheddar cheese**

b) Once the **pasta** and **broccoli** are cooked, drain in a colander and pop back in the pan.

c) Mix in the **fresh pesto** and **peas** until everything is well coated.

Pasta Time

a) Divide your **pea and pesto pasta** between 2 serving bowls and top with the **grated cheese**.

Enjoy!