



Classic Creamy Pasta Primavera with Leek, Peas and Chive Gremolata

Quick 20-25 Minutes • 3 of your 5 a day

18



Garlic Clove



Tenderstem® Broccoli



Leek



Rigatoni Pasta



Vegetable Stock Paste



Lemon



Chives



Creme Fraiche



Peas



Grated Hard Italian Style Cheese



King Prawns

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
Tenderstem Broccoli**	80g	150g	150g
Leek**	1	2	2
Rigatoni Pasta 13)	180g	270g	360g
Vegetable Stock Paste 10)	10g	15g	20g
Lemon**	1	1½	2
Chives**	1 bunch	1 bunch	2 bunches
Creme Fraiche** 7)	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g
King Prawn** 5)	150g	225g	300g
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	523g	100g	598g	100g
Energy (kJ/kcal)	3411/815	653/156	3577/855	599/143
Fat (g)	40.1	7.7	40.5	6.8
Sat. Fat (g)	24.3	4.7	24.5	4.1
Carbohydrate (g)	87.7	16.8	87.7	14.7
Sugars (g)	15.4	3.0	15.4	2.6
Protein (g)	28.2	5.4	37.1	6.2
Salt (g)	1.90	0.36	2.91	0.49


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

Allergens

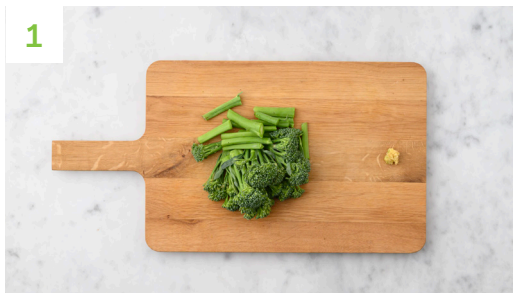
5) Crustaceans **7)** Milk **8)** Egg **10)** Celery
13) Cereals containing gluten

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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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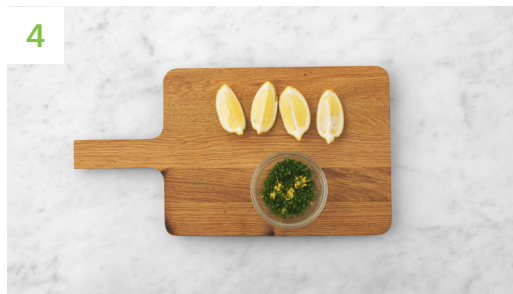


Prep your Veg

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

Peel and grate the **garlic** (or use a garlic press). Halve any thick stems of **broccoli**.

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



Gremolata Time

Meanwhile, zest and cut the **lemon** into wedges.

Finely chop the **chives** (use scissors if easier).

In a small bowl, combine the **lemon zest** and **half** the **chives**. Set your **gremolata** aside.



Cook the Pasta

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

When there are 3-4 mins of cooking time remaining, add the **broccoli** to the **pasta water**.

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

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

Once the **sauce** has reduced, stir in the **creme fraiche** and **peas**. Bring to the boil and simmer until piping hot, 1-2 mins. Add the **cooked pasta** and toss to combine.

Remove the pan from the heat, then stir through the **cheese**, remaining **chives** and a squeeze of **lemon juice**.

Taste and season with **salt, pepper** or more **lemon juice** if needed. Add a splash of **water** if it's a little thick.



Fry the Leek

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

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're adding **prawns**, add them to the pan with the **leek**. Fry for the same amount of time, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Serve

Share the **pasta primavera** between your bowls.

Sprinkle over the **chive gremolata** to finish. Serve with any remaining **lemon wedges** for squeezing over.

Enjoy!