



Creamy Lemony Rigatoni and Roasted Broccoli

with Chilli, Lemon Zest and Garlic Crumb

43

Classic 30-35 Minutes • Mild Spice • 2 of your 5 a day



Broccoli Florets



Rigatoni Pasta



Garlic Clove



Lemon



Chilli Flakes



Breadcrumbs



Creme Fraiche



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Peas



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

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

Baking tray, saucepan, colander, garlic press, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Broccoli Florets**	200g	300g	400g
Rigatoni Pasta 13)	180g	270g	360g
Garlic Clove**	2	3	4
Lemon**	1	1	1
Chilli Flakes	1 pinch	2 pinches	2 pinches
Breadcrumbs 13)	25g	35g	50g
Crema Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Peas**	120g	180g	240g
Diced Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	466g	100g	596g	100g
Energy (kJ/kcal)	3155 / 754	677 / 162	3802 / 909	638 / 153
Fat (g)	30.0	6.4	32.4	5.4
Sat. Fat (g)	17.4	3.7	18.0	3.0
Carbohydrate (g)	94.8	20.3	94.9	15.9
Sugars (g)	12.6	2.7	12.7	2.1
Protein (g)	27.4	5.9	58.8	9.9
Salt (g)	1.75	0.38	1.94	0.33

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

 You can recycle me!

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Roast the Broccoli

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve any large **broccoli florets** and pop onto a baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 12-15 mins.



Sauce Things Up

Return the (now empty) frying pan to medium heat with a drizzle of **oil**.

Add the remaining **garlic** and stir-fry for 30 secs.

Stir in the **creme fraiche**, **veg stock paste**, **water for the sauce** (see pantry for amount) and season with **salt** and **pepper**. Simmer until thickened slightly, 2-3 mins.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan before the **garlic**. Fry, 5-6 mins. The **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Cook the Rigatoni

In the meantime, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **rigatoni**.

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



Finishing Touches

Stir through the **hard Italian style cheese**, **cooked pasta** and **peas**. Simmer until piping hot, 1-2 mins.

Add a squeeze of **lemon juice** and stir through.

Taste and add more **salt**, **pepper** and **lemon juice** if needed.



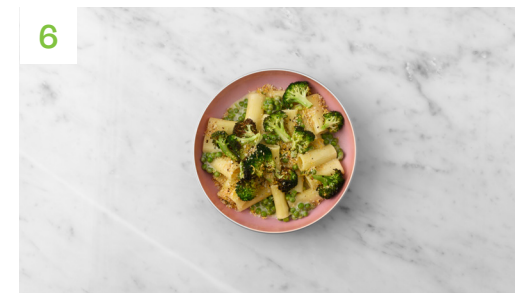
Crumb Time

While the pasta cooks, peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **lemon zest**, **chilli flakes** (add less if you'd prefer things milder), **breadcrumbs** and **half the garlic**. Season with **salt** and **pepper** and fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch it like a hawk as they can burn easily.

Once cooked, transfer the **zesty garlic crumb** to a bowl and set aside.



Serve Up

Share the **creamy pasta** between your bowls and top with the **roasted broccoli**.

Finish by sprinkling over the **zesty garlic crumb**.

Enjoy!