



Chicken Pesto Rigatoni Pasta Salad

with Baby Plum Tomatoes and Wild Rocket

Lunch 15-20 Minutes • 1 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Rigatoni Pasta



Cooked British Chicken Slices



Baby Plum Tomatoes



Pesto



Wild Rocket



Pumpkin Seeds

Pantry Items

Salt, Oil, Pepper, Olive Oil

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, colander and bowl.

Ingredients

Ingredients	Quantity
Rigatoni Pasta 13)	180g
Cooked British Chicken Slices**	1 pack
Baby Plum Tomatoes	125g
Pesto 7)	64g
Wild Rocket**	40g
Pumpkin Seeds	15g

Pantry	Quantity
Olive Oil*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	296g	100g
Energy (kJ/kcal)	2721 /650	919 /220
Fat (g)	23.5	7.9
Sat. Fat (g)	4.9	1.6
Carbohydrate (g)	71.1	24.0
Sugars (g)	5.2	1.8
Protein (g)	36.2	12.2
Salt (g)	2.12	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

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, mollusc, 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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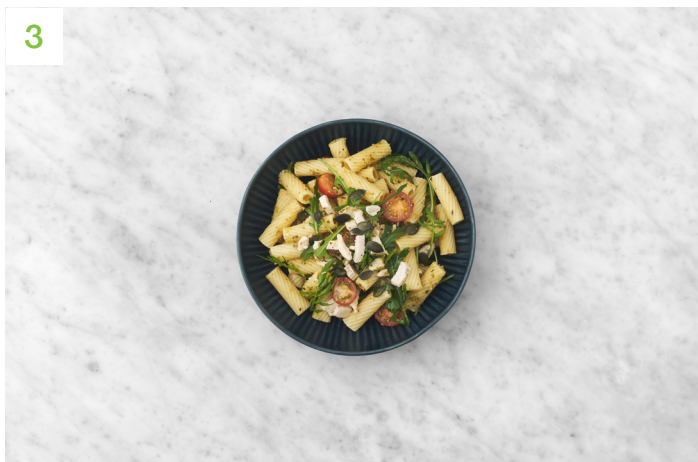
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2



3



Boil the Rigatoni

- Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **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, then set aside to cool, 5-10 mins.

Let's Prep

- Meanwhile, chop the **cooked chicken slices** into bite-sized pieces.
- Halve the **baby plum tomatoes**.
- Add the **chicken** and **tomatoes** to a large bowl and season with **salt** and **pepper**.

Finish and Serve

- Add the **fresh pesto**, **cooled rigatoni**, **rocket** and **olive oil** (see pantry for amount) to the bowl. Toss to coat.
- Divide between 2 serving bowls and scatter over the **pumpkin seeds** to finish.

Enjoy!