



Baked Cheese, Baby Plum Tomato and Pesto Pasta with Rocket and Chilli

41

Classic 30-35 Minutes • Mild Spice



Garlic Clove



Baby Plum Tomatoes



Greek Style Salad
Cheese



Rigatoni Pasta



Dried Oregano



Chilli Flakes



Creme Fraiche



Pesto



Grated Hard Italian
Style Cheese



Wild Rocket



Diced British
Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, 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. Ingredients in red are hot!

Cooking tools

Kettle, ovenproof dish, saucepan, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Greek Style Salad Cheese** 7)	100g	150g	200g
Rigatoni Pasta 13)	180g	270g	360g
Dried Oregano	1 sachet	1 sachet	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches
Creem Fraiche** 7)	75g	120g	150g
Pesto 7)	32g	64g	64g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Wild Rocket**	20g	40g	60g
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Reserved Pasta Water*	100ml	150ml	200ml
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	349g	100g	441g	100g
Energy (kJ/kcal)	3428 / 819	983 / 235	3587 / 857	813 / 194
Fat (g)	46.2	13.3	36.7	8.3
Sat. Fat (g)	26.9	7.7	20.2	4.6
Carbohydrate (g)	73.9	21.1	71.7	16.2
Sugars (g)	8.7	2.5	7.6	1.7
Protein (g)	25.9	7.4	56.4	12.8
Salt (g)	2.29	0.66	2.46	0.56

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

Allergens

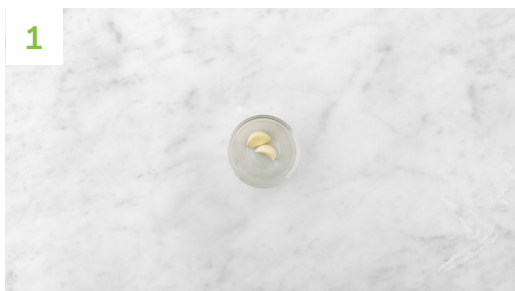
7) Milk 8) Egg 13) Cereals containing gluten

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.

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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

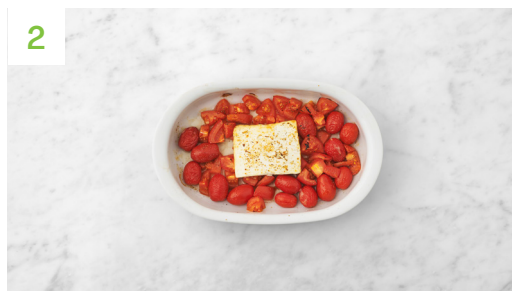
Peel the **garlic**, leaving the **cloves** whole.



Make your Sauce

Once the **cheese** is golden, remove the dish from the oven and add the **sugar** and **butter** (see pantry for both amounts). Sprinkle with the **dried oregano** and **chilli flakes** (add less if you prefer things milder).

Use a potato masher or fork to mash the **cheese**, **garlic** and **tomatoes** together into a **chunky sauce**.



Time to Bake

In an appropriately sized ovenproof dish, combine the **baby plum tomatoes** and **garlic cloves**. Drizzle with **oil**, season with **salt** and **pepper**, then mix well.

Place the **Greek style salad cheese** in the centre of the **mixture**.

Bake on the middle shelf of your oven until the **tomatoes** are bursting and the **cheese** is turning golden, 25-30 mins.



Finishing Touches

Once the **sauce** has a chunky consistency, stir in the **cooked pasta**, **reserved pasta water** (see pantry for amount), **creme fraiche**, **pesto** and **hard Italian style cheese**.

Season with **salt** and **pepper**, then mix well until creamy. Add a splash of **water** if you feel it needs it.



Simmer the Pasta

Meanwhile, pour the **water** from the kettle into a large saucepan. Add ½ **tsp salt** and bring to the boil.

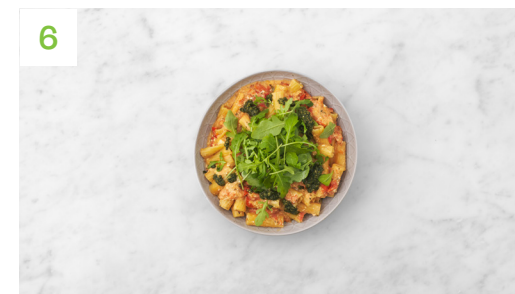
When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, reserve some **pasta water** (see pantry for amount), then drain in a colander. Drizzle with **oil** and stir through to prevent it from sticking.

CUSTOM RECIPE

If you're adding **chicken**, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, fry the **chicken**, 8-10 mins. Stir into the **sauce** in step 5.

IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Serve

Divide the **cheesy baked pasta** between your bowls. Top the **pasta** with the **rocket leaves** and drizzle with the **oil** (if you have any) to finish.

Enjoy!