



Easy Pea-sy Cheesy Pesto and Pea Rigatoni with Oven-Ready Garlic Breads and Tenderstem® Broccoli

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

27A

Find all your unchilled Market items in bag A.



Demi Garlic Baguettes



Tenderstem® Broccoli



Rigatoni Pasta



Mature Cheddar Cheese



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

Baking tray, saucepan, grater, colander and bowl.

Ingredients

| Ingredients | Quantity |
|------------------------------------|----------|
| Demi Garlic Baguettes** 13) | 2 |
| Tenderstem® Broccoli** | 80g |
| Rigatoni Pasta 13) | 180g |
| Mature Cheddar Cheese** 7) | 30g |
| Pesto** 7) | 64g |
| Peas** | 120g |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|------------------|------------------|
| Energy (kJ/kcal) | 337g 3755/898 | 100g 1114/266 |
| Fat (g) | 36.1 | 10.7 |
| Sat. Fat (g) | 11.3 | 3.3 |
| Carbohydrate (g) | 117.5 | 34.9 |
| Sugars (g) | 10.9 | 3.2 |
| Protein (g) | 30.1 | 8.9 |
| Salt (g) | 2.49 | 0.74 |

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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1



2



3



Bake the Baguette

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Place the **garlic baguettes** on a medium baking tray.

b) When the oven is hot, bake on the middle shelf of your oven until golden and piping hot, 12-15 mins.

c) While the **baguettes** are in the oven, bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **rigatoni**.

d) Meanwhile, cut the **Tenderstem® broccoli** into thirds.

Cheese and Peas, Please

a) When the saucepan of **water** is boiling, stir in the **rigatoni** into the **water** bring back to the boil. Cook until tender, 12 mins.

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

c) While everything boils, grate the **Cheddar cheese**.

Stir and Serve

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

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

c) Divide your **peas and pesto pasta** between 2 serving bowls and scatter over the **grated cheese**.

d) Serve with the **garlic baguettes** on the side to finish.

Enjoy!