



Cheddar and Baby Plum Tomato Macaroni Pasta with Carrot Sticks

Kid Friendly 15-20 Minutes • 2 of your 5 a day • Veggie

27A

Find all your unchilled
Market items in bag A.



Macaroni



Baby Plum
Tomatoes



Carrot



Mature Cheddar
Cheese



Marinara Sauce

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

Saucepan, peeler, grater, colander and bowl.

Ingredients

Ingredients	Quantity
Macaroni 13	180g
Baby Plum Tomatoes	125g
Carrot**	2
Mature Cheddar Cheese** 7	60g
Marinara Sauce	120g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	352g	100g
Energy (kJ/kcal)	2228 /532	634 /151
Fat (g)	14.0	4.0
Sat. Fat (g)	7.3	2.1
Carbohydrate (g)	78.2	22.2
Sugars (g)	14.9	4.2
Protein (g)	21.7	6.2
Salt (g)	1.10	0.31

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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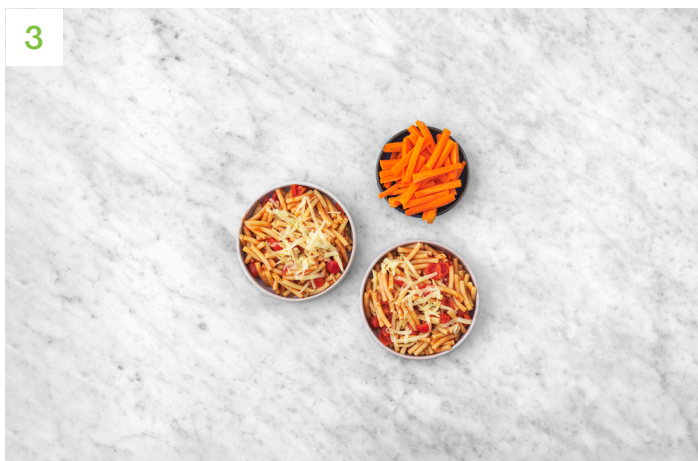
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2



3



Cook the Macaroni

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

b) When boiling, stir the **macaroni** into the **water** and bring back to the boil. Cook until tender, 12 mins.

Prep Time

a) Meanwhile, quarter the **baby plum tomatoes**.

b) Peel and trim the **carrots**, then halve lengthways. Chop into roughly 1cm wide, 5cm long batons.

c) Grate the **Cheddar cheese**.

Lunch is Ready

a) Once the **pasta** is cooked, drain in a colander and pop back in the pan. Mix through the **marinara sauce** and the **quartered baby plum tomatoes**.

b) Divide your **tomato pasta** between 2 serving bowls and top with the **grated cheese**.

c) Serve your **carrot batons** alongside.

Enjoy!