



Double Cheese Harissa Pasta Bake with Pepper and Spinach

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day

20



Rigatoni Pasta



Bell Pepper



Garlic Clove



Mozzarella



Mature Cheddar
Cheese



Roasted Spice
and Herb Blend



Tomato Puree



Red Wine Stock
Paste



Creme Fraiche



Harissa Paste



Baby Spinach



Diced British
Chicken Breast

Pantry Items

Oil, Salt, Pepper, Honey

+ Add Chicken Breast

If you chose to add diced chicken breast, 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

Saucepan, colander, garlic press, kitchen paper, grater, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13	180g	270g	360g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Mozzarella** 7	1 ball	1 ball	2 balls
Mature Cheddar Cheese** 7	30g	40g	60g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Red Wine Stock Paste 14	28g	42g	56g
Creme Fraiche** 7	75g	120g	150g
Harissa Paste 14	50g	75g	100g
Baby Spinach**	40g	100g	100g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition


Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	422g	100g	552g	100g
Energy (kJ/kcal)	3305/790	785/188	3955/945	717/171
Fat (g)	34.6	8.2	36.9	6.7
Sat. Fat (g)	17.2	4.1	17.8	3.2
Carbohydrate (g)	90.9	21.6	91.0	16.5
Sugars (g)	22.2	5.3	22.3	4.0
Protein (g)	27.9	6.6	59.4	10.8
Salt (g)	3.14	0.74	3.33	0.60

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

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites
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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Cook the Pasta

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

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



Get Prepped

While the **pasta** cooks, halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.

Peel and grate the **garlic** (or use a garlic press).

Drain the **mozzarella** and squeeze out as much liquid as you can. Pat dry with kitchen paper, then tear into small pieces.

Grate the **Cheddar cheese**. Preheat the grill to high.



Start your Pasta Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **pepper chunks**. Stir-fry until tender, 5-6 mins.

Lower the heat to medium and add the **garlic** and **roasted spice and herb blend**. Cook for 30 secs more.

Stir in the **tomato puree**, **red wine stock paste**, **creme fraiche**, **honey** and **water for the sauce** (see pantry for both amounts).

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan with the **pepper chunks**. Continue as instructed, 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.

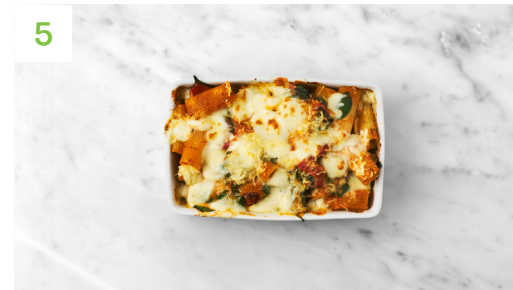


Assemble your Bake

Bring the **sauce** to the boil, then lower the heat and simmer until thickened, 3-4 mins. Taste and season with **salt** and **pepper** if needed.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

When ready, combine the **cooked pasta** and **sauce** (in whichever pan is biggest). Stir through the **harissa paste** (add less if you'd prefer things milder). Add a splash of **water** if it's a little too thick, then transfer to an appropriately sized ovenproof dish.



Time to Grill

Scatter over the **mozzarella** and **Cheddar**.

Pop the **dish** under the grill and cook until the **cheese** is bubbling and golden, 4-5 mins.



Serve

When ready, share the **harissa pasta bake** between your bowls.

Enjoy!