



Quick Creamy Truffle and Mushroom Rigatoni with Tenderstem® Broccoli

Quick 20 Minutes • 1 of your 5 a day

19



Rigatoni Pasta



Garlic Clove



Tenderstem®
Broccoli



Sliced Mushrooms



Creme Fraiche



Vegetable Stock
Paste



Truffle Zest



Grated Hard Italian
Style Cheese



Diced British
Chicken Breast

Pantry Items
Oil, Salt, Pepper

+ 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.

Cooking tools

Saucepan, garlic press and colander.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13	180g	270g	360g
Garlic Clove**	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Sliced Mushrooms**	120g	180g	240g
Creme Fraiche** 7	150g	225g	300g
Vegetable Stock Paste	10g	15g	20g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Diced British Chicken Breast**	240g	390g	480g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	354g	100g	484g	100g
Energy (kJ/kcal)	2850 /681	806 /193	3497 /836	723 /173
Fat (g)	31.5	8.9	33.8	7.0
Sat. Fat (g)	19.0	5.4	19.7	4.1
Carbohydrate (g)	73.0	20.6	73.1	15.1
Sugars (g)	7.4	2.1	7.5	1.6
Protein (g)	24.7	7.0	56.1	11.6
Salt (g)	1.70	0.48	1.89	0.39

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.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook the Pasta

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

b) Once boiling, add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.



Fry the Mushrooms

a) Once the **oil** is hot, add the **sliced mushrooms** and season with **salt** and **pepper**.

b) Stir-fry until golden, 4-5 mins.

c) Stir in the **garlic** and cook for 1 min more.

+ Add Chicken Breast

If you're adding **chicken**, add to the pan before the **mushrooms**. Fry, 4-5 mins, then add the **mushrooms** and continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Get Prepped

a) While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press).

b) Cut the **Tenderstem®** into thirds.

c) When the **pasta** has been cooking for 8 mins, add the **Tenderstem®** to the same pan and bring back to the boil.

d) Cook with the **pasta** for the last 4 mins of cooking time.



Creamy Sauce Time

a) Next, reduce the heat slightly, then add the **creme fraiche** and **veg stock paste**.

b) Pour in the **water for the sauce** (see pantry for amount). Bring to the boil and simmer for 2 mins, then remove from the heat.

c) Stir through the **truffle zest** and **hard Italian style cheese**. Add a splash of **water** if the **sauce** is a little too thick.

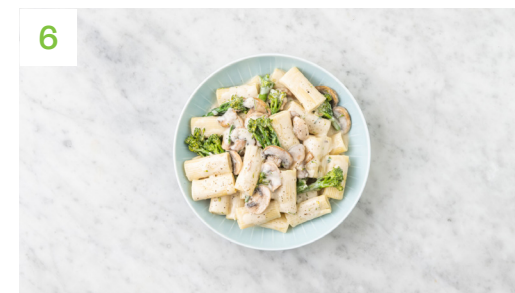


Drain your Pasta and Veg

a) When the **pasta** and **broccoli** are cooked, drain them in a colander.

b) Drizzle with **oil** to stop them sticking together and leave the colander in the sink.

c) Pop your (now empty) pan back on medium-high heat with a drizzle of **oil** (no need to clean).



Combine and Serve

a) Add the **cooked pasta** and **broccoli** to the **creamy sauce** and toss together. Reheat if necessary.

b) Taste and add **salt** and **pepper** if needed.

c) Serve the **creamy rigatoni** in bowls and tuck in.

Enjoy!