



Halloumi and Roasted Pepper Rigatoni

with Roasted Garlic Tomato Sauce and Baby Spinach

22

Classic 35-40 Minutes • 2 of your 5 a day



Halloumi



Bell Pepper



Mixed Herbs



Garlic Clove



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Rigatoni Pasta



Baby Spinach



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

+ 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

Bowl, baking tray, aluminium foil, kitchen paper, frying pan, saucepan and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Halloumi** 7)	225g	337g	450g
Bell Pepper***	1	2	2
Mixed Herbs	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	10g	15g	20g
Rigatoni Pasta 13)	180g	270g	360g
Baby Spinach**	40g	100g	100g
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

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

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	531g	100g	661g	100g
Energy (kJ/kcal)	3356 / 802	632 / 151	4003 / 957	605 / 145
Fat (g)	30.8	5.8	33.2	5.0
Sat. Fat (g)	17.2	3.2	17.8	2.7
Carbohydrate (g)	85.8	16.1	85.9	13.0
Sugars (g)	21.1	4.0	21.2	3.2
Protein (g)	42.2	7.9	73.6	11.1
Salt (g)	5.49	1.03	5.68	0.86

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

Allergens

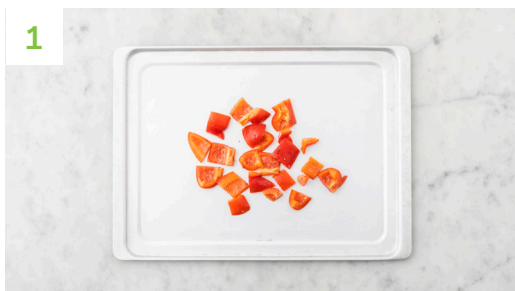
7) Milk 13) Cereals containing gluten

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.

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Roast the Pepper

Preheat your oven to 220°C/200°C fan/gas mark 7.

Drain the **halloumi**, then cut it into 2cm chunks. Place them into a small bowl of **cold water** and leave to soak.

Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks, then pop onto a baking tray. Drizzle with **oil**, scatter over **half** the **mixed herbs** and season with **salt** and **pepper**.

Toss to coat, then roast on the top shelf of your oven until browned and tender, 20-25 mins.



Tomato Sauce Time

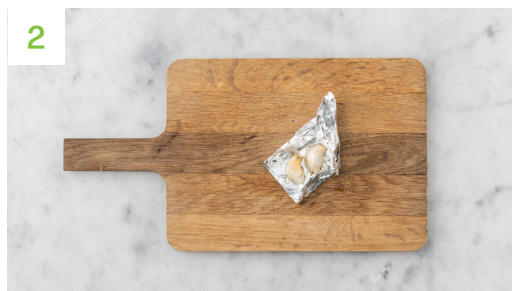
Return the (now empty) frying pan to medium heat. Add the **chopped tomatoes**, **veg stock paste**, remaining **mixed herbs**, **sugar** and **water for the sauce** (see pantry for both amounts).

Season with **salt** and **pepper**, then bring to the boil. Lower the heat and gently simmer, stirring occasionally, until thickened, 10-12 mins.

Once the **garlic** has roasted, allow it to cool, then cut the end with scissors and squeeze it out of the skin. Mash with the back of a fork and stir into the **sauce**.

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan with the **sauce** ingredients, simmer for the same amount of time. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Prep the Garlic

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Halfway through the **pepper** roasting time, pop the **garlic parcel** onto the same baking tray and roast until soft, 10-12 mins.

Meanwhile, remove the **halloumi cubes** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.



Cook the Pasta

While the **sauce** simmers, add the **rigatoni** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

Once the **pepper chunks** have roasted, stir through the thickened **sauce** along with the **fried halloumi**.

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

Add a splash of **water** to loosen if it's a little thick. Taste and season with **salt** and **pepper** if needed.



Fry the Halloumi

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **halloumi** and fry, turning frequently, until golden, 4-5 mins. Transfer to a plate and set the pan aside.

While the **halloumi** fries, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.



Serve

Once the **pasta** is cooked, drain in a colander and stir it through the **sauce**.

Share the **halloumi and pepper rigatoni** between your bowls.

Enjoy!