



Creamy Citrus and Courgette Rigatoni

with Garlicky Greens and Flaked Almonds

Classic 30-35 Minutes • 2 of your 5 a day

19



Echalion Shallot



Garlic Clove



Courgette



Lemon



Rigatoni Pasta



Baby Spinach



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Toasted Flaked Almonds



Diced British Chicken Breast



King Prawns

Pantry Items
Oil, Salt, Pepper

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, peeler, fine grater, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Courgette**	1	1	2
Lemon**	½	1	1
Rigatoni Pasta 13)	180g	270g	360g
Baby Spinach**	100g	150g	200g
Vegetable Stock Paste	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Toasted Flaked Almonds 2)	15g	25g	25g
Diced British Chicken Breast**	240g	390g	520g
King Prawns** 5)	150g	225g	300g

Pantry	2P	3P	4P
Reserved Pasta Water*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per 100g		Diced Chicken Breast		King Prawns	
	Per serving	Per 100g	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	477g	100g	607g	100g	552g	100g
Energy (kJ/kcal)	3075 /735	645 /154	3722 /890	614 /147	3266 /781	592 /142
Fat (g)	35.6	7.5	38.0	6.3	36.0	6.5
Sat. Fat (g)	19.3	4.1	20.0	3.3	19.5	3.5
Carbohydrate (g)	80.7	16.9	80.9	13.3	80.7	14.6
Sugars (g)	12.7	2.7	12.8	2.1	12.7	2.3
Protein (g)	26.1	5.5	57.6	9.5	36.6	6.6
Salt (g)	1.68	0.35	1.88	0.31	2.70	0.49

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

Allergens

2) Nuts **5)** Crustaceans **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.

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1 Prep Time

Put a large saucepan of **water** with **½ tsp salt** on to **boil for the pasta**.

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).

Trim the **courgette**. Use a peeler to peel long ribbons down the length of the **courgette**, stopping at the spongy centre.

Zest and halve the **lemon** (see ingredients for amount).

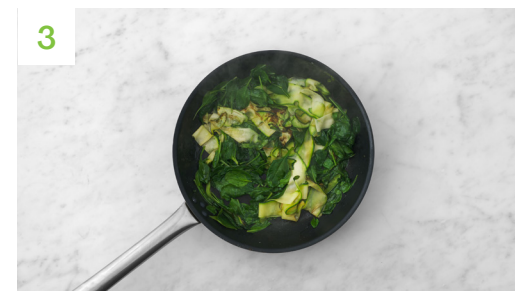


2 Cook the Pasta

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

When ready, reserve some of the **pasta water** (see pantry for amount), then drain in a colander.

Pop the **pasta** back into the pan, drizzle with **oil** and stir through to stop it sticking together.

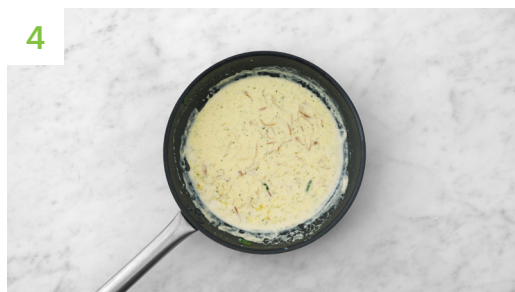


3 Stir-Fry the Green Veg

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **courgette ribbons** and season with **salt** and **pepper**. Cook until softened, 2-3 mins, then stir in the **garlic** and cook for 1 min more.

Add the **spinach** a handful at a time and cook until wilted and piping hot, 1-2 mins. Transfer everything to a large bowl and cover to keep warm.

Put your (now empty) frying pan back on medium heat with a drizzle of **oil**.



4 Make the Creamy Sauce

Once the **oil** is hot, add the **shallot** and cook, stirring occasionally, until softened, 4-5 mins. Stir in the **veg stock paste** and **reserved pasta water**, then simmer until reduced by half, 3-4 mins.

Mix in the **creme fraiche** and heat through until piping hot, then season with **pepper**.

Custom Recipe: If you've chosen to add **diced chicken** or **prawns**, follow the instructions below at the bottom of the page.

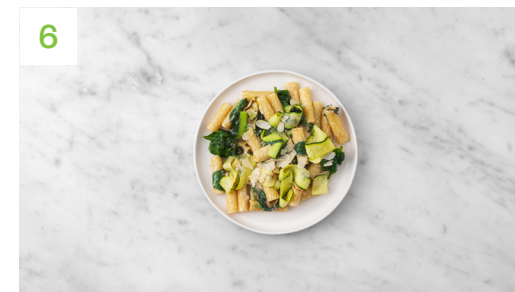


5 Combine and Stir

Stir **three quarters** of the **hard Italian style cheese** through your **creamy sauce**.

Add the **cooked pasta** and **half** the **cooked green veg** and stir well to combine. Simmer until everything's piping hot, 1-2 mins.

Add a pinch of **lemon zest** and a squeeze of **lemon juice**. Taste and add more **salt**, **pepper** and **lemon juice** if needed. Add a splash of **water** if it's a little too thick.



6 Serve

Share the **creamy pasta** between your bowls and top with the remaining **cooked green veg**.

Sprinkle over the remaining **hard Italian style cheese** and **flaked almonds** to finish.

Enjoy!

+ DICED CHICKEN BREAST

Add the **chicken** to the pan with the **shallot**. Fry for 5-6 mins instead, 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.

+ KING PRAWNS

Drain the **prawns**, then add to the pan with the **shallot**. The **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.

CUSTOM RECIPE