



# Creamy Rigatoni

with Garlicky Greens and Creme Fraiche

Classic 25-30 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



Diced Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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, 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 <b>13)</b>                              | 180g | 270g | 360g |
| Baby Spinach**   | 100g | 150g | 200g |
| Vegetable Stock Paste <b>10)</b>                       | 10g  | 15g  | 20g  |
| Creme Fraiche** <b>7)</b>                              | 150g | 225g | 300g |
| Grated Hard Italian Style Cheese** <b>7)</b> <b>8)</b> | 40g  | 60g  | 80g  |
| Diced Chicken Breast**                                 | 260g | 390g | 520g |

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

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Custom Recipe |          |             |          |
|-------------------------|---------------|----------|-------------|----------|
|                         | Per serving   | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 411g          | 100g     | 541g        | 100g     |
| Energy (kJ/kcal)        | 2887 /690     | 703 /168 | 3531 /844   | 653 /156 |
| Fat (g)                 | 31.7          | 7.7      | 34.0        | 6.3      |
| Sat. Fat (g)            | 19.0          | 4.6      | 19.6        | 3.6      |
| Carbohydrate (g)        | 77.4          | 18.9     | 77.6        | 14.4     |
| Sugars (g)              | 10.1          | 2.5      | 10.2        | 1.9      |
| Protein (g)             | 24.9          | 6.1      | 56.4        | 10.4     |
| Salt (g)                | 1.57          | 0.38     | 1.76        | 0.33     |

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

## Allergens

**7)** Milk **8)** Egg **10)** Celery **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, milk, egg, mustard, celery, soya, 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.

## Contact

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## 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**.



## Make the Creamy Sauce

Once your pan 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 **chicken** to your meal, add it to the pan before cooking the **shallot**. Season and fry until golden brown on the outside, 5-6 mins, then add the **shallot** and continue as instructed until the **chicken** is cooked.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## 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.



## Combine and Stir

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

Add the **cooked pasta** and **half** the **cooked green veg** and stir well to combine. Add a splash of **water** if it's a little too thick.

Add a pinch of **lemon zest** and a squeeze of **lemon juice**. Taste and add more **lemon juice**, **salt** and **pepper** if needed.



## 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**.



## Serve

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

Finish with a sprinkle of the remaining **hard Italian style cheese**.

## Enjoy!