



Creamy Harissa and Double Cheese Pasta Bake

with Pepper, Sweetcorn and Rocket

4

Classic 30-35 Minutes • Mild Spice • 3 of your 5 a day • Veggie



Rigatoni Pasta



Bell Pepper



Garlic Clove



Sweetcorn



Mozzarella



Greek Style
Salad Cheese



Harissa Paste



Tomato Passata



Vegetable Stock
Paste



Creme Fraiche



Rocket

Pantry Items

Oil, Salt, Pepper, Sugar

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, colander, garlic press, sieve, grater, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Sweetcorn	150g	150g	326g
Mozzarella** 7)	1 ball	1 ball	2 balls
Greek Style Salad Cheese** 7)	50g	75g	100g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Crema Fraiche** 7)	150g	225g	300g
Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce**	½ tsp	¾ tsp	1 tsp
Water for the Sauce**	50ml	75ml	100ml

*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
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	4247 / 1015	764 / 183
Fat (g)	53.5	9.6
Sat. Fat (g)	30.5	5.5
Carbohydrate (g)	96.8	17.4
Sugars (g)	22.7	4.1
Protein (g)	35.8	6.4
Salt (g)	3.31	0.59

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

Allergens

7) Milk **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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Cook the Pasta

Preheat your grill to high.

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

When boiling, add the **rigatoni** 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.



Simmer and Assemble

Bring the **sauce** to the boil, then lower the heat and simmer until thickened, 4-5 mins. Taste and season with **salt and pepper** if needed.

Once ready, combine the **pasta and sauce** (in whichever pan is biggest). Add a splash of **water** if it's a little too thick, then transfer to an appropriately sized ovenproof dish.

Scatter over the **mozzarella** and **Greek style salad cheese**.



Get Prepped

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

Peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve.

Drain the **mozzarella** and pull apart into small pieces. Crumble the **Greek style salad cheese** into small pieces.



Time to Grill

Pop the dish under the grill and cook until the **cheese** is bubbling and golden, 7-8 mins.



Start your Pasta Sauce

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

Once the **oil** is hot, add the **pepper** and **corn**. Stir-fry until soft, 5-6 mins.

Lower the heat to medium-high and add the **garlic** and **harissa paste** (add less if you'd prefer things milder). Stir-fry for 1 min more.

Stir in the **passata**, **veg stock paste**, **creme fraiche**, **sugar** and **water for the sauce** (see pantry for both amounts).



Serve

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

Top with a handful of **rocket** to finish.

Enjoy!