



# Creamy Lemony Rigatoni and Roasted Broccoli with Chilli, Lemon Zest and Garlic Crumb

42

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



-  Broccoli Florets
-  Rigatoni Pasta
-  Garlic Clove
-  Lemon
-  Chilli Flakes
-  Panko Breadcrumbs
-  Creme Fraiche
-  Vegetable Stock Paste
-  Grated Hard Italian Style Cheese
-  Peas

**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

Baking tray, saucepan, colander, garlic press, fine grater, frying pan and bowl.

## Ingredients

| Ingredients  | 2P      | 3P        | 4P        |
|--|---------|-----------|-----------|
| Broccoli Florets**                                   | 200g    | 300g      | 400g      |
| Rigatoni Pasta <b>13</b>                             | 180g    | 270g      | 360g      |
| Garlic Clove**                                       | 2       | 3         | 4         |
| Lemon**  | 1       | 1         | 1         |
| Chilli Flakes  | 1 pinch | 2 pinches | 2 pinches |
| Panko Breadcrumbs <b>13</b>                          | 25g     | 35g       | 50g       |
| Crema Fraiche** <b>7</b>                             | 150g    | 225g      | 300g      |
| Vegetable Stock Paste <b>10</b>                      | 10g     | 15g       | 20g       |
| Grated Hard Italian Style Cheese** <b>7</b> <b>8</b> | 20g     | 40g       | 40g       |
| Peas**   | 120g    | 180g      | 240g      |

| Pantry               | 2P    | 3P    | 4P    |
|----------------------|-------|-------|-------|
| Water for the Sauce* | 100ml | 150ml | 200ml |

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

## Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g  |
|--|-------------|-----------|
| Energy (kJ/kcal)                       | 3148 / 752  | 757 / 181 |
| Fat (g)                                | 30.2        | 7.3       |
| Sat. Fat (g)                           | 17.4        | 4.2       |
| Carbohydrate (g)                       | 93.7        | 22.5      |
| Sugars (g)                             | 12.5        | 3.0       |
| Protein (g)                            | 27.7        | 6.7       |
| Salt (g)                               | 1.53        | 0.37      |

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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## Roast the Broccoli

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Halve any large **broccoli florets** and pop onto a baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 12-15 mins.



## Sauce Things Up

Return the (now empty) frying pan to medium heat with a drizzle of **oil**.

Add the remaining **garlic** and stir-fry for 30 secs.

Stir in the **creme fraiche**, **vegetable stock paste**, **water for the sauce** (see pantry for amount) and season with **salt** and **pepper**. Simmer until thickened slightly, 2-3 mins.



## Cook the Rigatoni

In the meantime, bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt** for the **rigatoni**.

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

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Finishing Touches

Stir through the **hard Italian style cheese**, **cooked pasta** and **peas**. Simmer until piping hot, 1-2 mins.

Add a squeeze of **lemon juice** and stir through.

Taste and add more **salt**, **pepper** and **lemon juice** if needed.



## Crumb Time

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

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

Once hot, add the **lemon zest**, **chilli flakes** (add less if you'd prefer things milder), **breadcrumbs** and **half the garlic**. Season with **salt** and **pepper** and fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch it like a hawk as they can burn easily.

Once cooked, transfer the **zesty garlic crumb** to a bowl and set aside.



## Serve Up

Share the **creamy pasta** between your bowls and top with the **roasted broccoli**.

Finish by sprinkling over the **zesty garlic crumb**.

Enjoy!