



# Creamy Tomato and Green Bean Rigatoni

with Lemon Courgette Ribbon Salad

21

**Classic** 25-30 Minutes • 3 of your 5 a day • Veggie



Red Onion



Green Beans



Premium Tomatoes



Flat Leaf Parsley



Garlic Clove



Lemon



Rigatoni Pasta



Courgette



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese

**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, colander, frying pan, peeler, bowl and lid.

## Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Green Beans**	150g	200g	300g
Premium Tomatoes	125g	250g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Lemon**	1	1	1
Rigatoni Pasta <b>13</b>	180g	270g	360g
Courgette**	1	1	2
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Creme Fraiche** <b>7</b>	112g	150g	225g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	65g	80g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	2650 /633	486 /116
Fat (g)	24.6	4.5
Sat. Fat (g)	12.1	2.2
Carbohydrate (g)	83.5	15.3
Sugars (g)	17.3	3.2
Protein (g)	24.0	4.4
Salt (g)	1.41	0.26

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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## Get Prepped

Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$   **tsp salt** for the **pasta**.

Halve, peel and chop the **red onion** into small pieces. Trim the **green beans**, then chop into thirds. Halve the **tomatoes**.

Finely chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Halve the **lemon**.



## Courgette Ribbon Time

Meanwhile, trim the **courgette**. Use a peeler to peel long ribbons down the length of the **courgette**, stopping at the spongy centre. Pop the **ribbons** into a medium bowl and set aside.

In a small bowl, combine a squeeze of **lemon juice** with a drizzle of **olive oil** and season with **salt** and **pepper**. Mix together, then set the **dressing** aside for later.



## Cook the Pasta and Beans

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

Add the **green beans** to the same pan to cook for the final 4-6 mins.

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



## Make the Creamy Sauce

Once the **onion** has softened, stir in the **garlic** and cook for 1 min.

Stir in the **water for the sauce** (see ingredients for amount) and **vegetable stock paste**, then simmer until reduced by a third, 5-6 mins.

Once thickened, add the **tomatoes** to the **sauce**. Cover with a lid or foil and cook until the **tomatoes** have softened, 3-4 mins, then remove the lid.

Mix in the **creme fraiche**, season with **pepper**, then bring to the boil. Taste and season with **salt** and **pepper** if needed.



## Fry the Onion

While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **onion** and cook until softened, 5-6 mins.



## Finish and Serve

Add the **cooked pasta** and **beans** to the **sauce** and stir through until well coated and piping hot, then remove from the heat. Add a splash of **water** if it's a little thick.

Stir in the **parsley** and **hard Italian style cheese**. Taste and season again if needed, then share the **creamy pasta** between your bowls.

Pour the **dressing** over the **courgette ribbons** and toss to coat. Serve on top of the **pasta** or alongside if you'd prefer.

Enjoy!