

Creamy Tomato and Green Bean Rigatoni

with Lemon Courgette Ribbon Salad



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











Green Beans



Flat Leaf Parsley











Creme Fraiche

Courgette



Grated Hard Italian Style Cheese



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

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 13)	180g	270g	360g	
Courgette**	1	1	2	
Vegetable Stock Paste 10)	10g	15g	20g	
Creme Fraiche** 7)	112g	150g	225g	
Grated Hard Italian Style Cheese** 7) 8)	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.

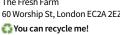
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Get Prepped

Bring a large saucepan of water to the boil with 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.



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.



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.



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.



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.



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!