



Creamy Truffle and Mushroom Rigatoni with Tenderstem® and Walnut

Rapid 20 Minutes • 1 of your 5 a day

19



Rigatoni Pasta



Garlic Clove



Tenderstem® Broccoli



Sliced Mushrooms



Creme Fraiche



Vegetable Stock Paste



Truffle Powder



Grated Hard Italian Style Cheese



Walnuts



Diced Chicken Breast



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.


Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press, Colander, Measuring Cup.

Ingredients

	2P	3P	4P
Rigatoni Pasta 13	180g	270g	360g
Garlic Clove	1	2	2
Tenderstem®			
Broccoli**	150g	200g	300g
Sliced Mushrooms**	120g	180g	240g
Crema Fraiche 7 **	150g	225g	300g
Vegetable Stock Paste 10	10g	15g	20g
Water for the Sauce*	50ml	75ml	100ml
Truffle Powder	1 sachet	1½ sachet	2 sachets
Grated Hard Italian Style Cheese 7 8 **	40g	65g	80g
Walnuts 2	20g	40g	40g
 Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	339g	100g
Energy (kJ/kcal)	2892/691	854/204
Fat (g)	36	11
Sat. Fat (g)	15	5
Carbohydrate (g)	74	22
Sugars (g)	7	2
Protein (g)	26	8
Salt (g)	1.57	0.46
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	479g	100g
Energy (kJ/kcal)	3554/849	743/177
Fat (g)	36	8
Sat. Fat (g)	16	3
Carbohydrate (g)	74	16
Sugars (g)	7	1
Protein (g)	60	12
Salt (g)	1.71	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 8) Egg 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm
60 Worship St, London EC2A 2EZ
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Cook the Pasta

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

b) Once boiling, add the **rigatoni pasta** and cook until tender, 12 mins.



Cook the Mushrooms

a) Pop your pan back on medium-high heat with a drizzle of **oil**.

b) Add the sliced **mushrooms** and season with **salt** and **pepper**.

c) Stir-fry until golden, 4-5 mins.

d) Stir in the **garlic** and cook for 1 minute more.



CUSTOM RECIPE

If you've decided to add **diced chicken breast** to your meal, add the **chicken** to the pan with the **mushrooms** and cook. **IMPORTANT:** Wash your hands after handling chicken and its packaging. The chicken is cooked when it is no longer pink in the middle.



Get Prepped

a) While the **pasta** is cooking, peel and grate the **garlic** (or use a garlic press).

b) Chop the **Tenderstem®** into 3 pieces widthways.

c) When the **pasta** has been cooking for 8 mins, add the **Tenderstem®** to the **pasta** and **water** and bring back to the boil.

d) Cook with the **pasta** for the last 4 mins of cooking time.



Sauce Time

a) Reduce the heat slightly then add the **creme fraiche** and **veg stock paste**.

b) Pour in the **water** (see ingredients for amount), bring to the boil and simmer for 2 mins.

c) Remove from the heat.

d) Stir in the **truffle powder** and **hard Italian style cheese**.



Drain

a) When the **pasta** and **broccoli** are cooked, drain them in a colander.

b) Drizzle with **oil** to stop them sticking together, leave the colander in the sink.



Combine and Serve

a) Add the **pasta** and **broccoli** to the **sauce** and toss together.

b) Taste and add **salt** and **pepper** if you feel it needs it.

c) Serve in bowls, sprinkle over the **walnuts**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.