



Rigatoni Caprese

with Pine Nuts, Mozzarella and Balsamic Tomato Salsa

Classic 30 Minutes • Veggie • 1 of your 5 a day

21



Echalion Shallot



Garlic Clove



Black Olives



Baby Plum Tomatoes



Flat Leaf Parsley



Rigatoni Pasta



Pine Nuts



Tomato Puree



Finely Chopped Tomatoes



Vegetable Stock Paste



Chives



Mozzarella



Balsamic Vinegar



Honey

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Bowl, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Black Olives	30g	45g	60g
Baby Plum Tomatoes**	125g	190g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Rigatoni Pasta 13)	180g	270g	360g
Pine Nuts	15g	15g	30g
Tomato Puree	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Chives**	1 bunch	1 bunch	1 bunch
Mozzarella** 7)	1 ball	1½ balls	2 balls
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	507g	100g
Energy (kJ/kcal)	3159/755	623/149
Fat (g)	28	6
Sat. Fat (g)	12	2
Carbohydrate (g)	89	18
Sugars (g)	23	5
Protein (g)	31	6
Salt (g)	2.26	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten 14) Sulphites

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.

Contact

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Packed in the UK

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Prep Time

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **olives**. Halve the **baby plum tomatoes** and roughly chop the **parsley** (stalks and all). Place the **tomatoes** and **parsley** in a bowl and season with a pinch of **salt**.



Cook the Sauce

Once the **pine nuts** are removed from your pan, put it back on medium heat and add a drizzle of **oil**. Add the **shallot** to your pan, stir and cook until softened, 4-5 mins. Add the **garlic** and **tomato puree**, stir and cook for 1 min more. Pour in the **finely chopped tomatoes, olives** and **veg stock paste**. Add a pinch of **sugar** (if you have some). Bring to a simmer and cook until reduced by half, 10 mins.



Cook the Pasta

Add the **pasta** to your boiling **water** and boil for 12 mins. Once cooked, drain the **pasta** in a colander. Pop back into the pan, drizzle with **oil** and stir through to stop it sticking together.



Finish the Prep

While your **sauce** cooks, finely chop the **chives**. Drain the **mozzarella** and pull it apart into small pieces. Stir the **balsamic vinegar, honey** and **olive oil** (see ingredients for amount) into the bowl of **tomatoes**. Season to taste with **salt** and **pepper**.



Toast the Pine Nuts

Meanwhile, heat a large frying pan on medium heat and add the **pine nuts** (no **oil**). Toast them until golden, 2-3 mins, tossing regularly. When golden, transfer them from your pan to a bowl. **TIP:** Watch them like a hawk as they can burn easily.



Finish and Serve

When your **sauce** is cooked, season to taste with **salt** and **pepper**, then add the drained **pasta** and toss together. Stir through **half** the **chives** and **half** the **mozzarella** then share into bowls. Spoon your **tomato salsa** on top along with the remaining **mozzarella, chives** and a sprinkle of **pine nuts**.

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.