

Rigatoni Caprese with Pine Nuts, Mozzarella and Balsamic Tomato Salsa

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







Echalion Shallot





Black Olives







Baby Plum Tomatoes



Flat Leaf Parsley



Rigatoni Pasta



Pine Nuts



Tomato Puree



Finely Chopped Tomatoes



Vegetable Stock



Chives



Mozzarella



Balsamic Vinegar



Honey

Before you start

Our fruit and veggies need a little wash before you

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

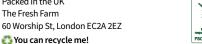
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Prep Time

Bring a large saucepan of water to the boil with 1/2 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 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.



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.



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.



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.



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.