






More Than Food
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Rigatoni with Red Pesto and Roasted Vegetables

Tonight's dinner really epitomises everything we love about Italian food. Simple, high quality ingredients, quickly cooked with maximum results. Broccoli has a mild, distinctive flavour. With a small handful containing all the vitamin C you need for a whole day, you've got a plate full of traditional healthiness in the time it takes to boil your pasta!



25 mins



spicy



veggie



healthy



Red Onion



Yellow Pepper



Broccoli



Rigatoni



Chilli Flakes




Red Pesto



Hard Italian Cheese

Ingredients

	2P	4P
Red Onion, chopped	1	2
Yellow Pepper, chopped	1	2
Broccoli, florets	1	2
Rigatoni 1	200g	400g
Chilli Flakes	¼ tsp	½ tsp
Red Pesto 2	2 tbsp	4 tbsp
Hard Italian Cheese 2	2 tbsp	4 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | 2) Milk

Nutrition per serving: Calories: 586 kcal | Protein: 26 g | Carbs: 100 g | Fat: 9 g | Saturated Fat: 3 g



1 Pre-heat your oven to 200 degrees. Boil a large pot of water with ¼ tsp of salt for your broccoli and pasta. Roughly chop the onion and pepper into 2cm cubes. Toss them together with 2 tsp of olive oil and some salt and pepper.



2 Lay your pepper and onions on a tray and roast on the middle shelf of the oven for 15-20 mins. Meanwhile separate your broccoli into florets.



3 Cook the broccoli in the boiling water for 3 mins. Remove the broccoli from the water but keep the water for the pasta. **Tip:** *When you remove the broccoli put it in a bowl of cold water to 'refresh' it (i.e. stop it from cooking further so it keeps its crunch).*

4 Cook the pasta in the water for 11 mins or until just al dente. Reserve a couple of tbsp of the pasta water then drain.



5 Add as much chilli flakes as you dare to the roasted vegetables in the oven, for the last 3 mins.

6 Remove your vegetables from the oven, toss in a bowl together with the broccoli and pasta. Add 2 tbsp of pesto, 2 tbsp of reserved pasta water and 1 tbsp of grated cheese and stir together.

7 Serve immediately and sprinkle the remaining cheese on top.