



Creamy Green Veg and Pesto Pasta with Roasted Tomatoes

Quick 20 Minutes • 1 of your 5 a day

17



Baby Plum Tomatoes



Garlic Clove



Rigatoni Pasta



Vegetable Stock Paste



Double Cream



Peas



Baby Spinach



Grated Hard Italian Style Cheese



Fresh Pesto



King Prawns

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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, aluminium foil, baking tray, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	2	3	4
Rigatoni Pasta 13)	180g	270g	360g
Vegetable Stock Paste 10)	10g	15g	20g
Double Cream** 7)	150g	225g	300g
Peas**	120g	180g	240g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Fresh Pesto** 7)	32g	48g	64g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	200ml	250ml
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	419g	100g	493g	100g
Energy (kJ/kcal)	3512 / 839	839 / 201	3731 / 892	756 / 181
Fat (g)	47.8	11.4	48.6	9.8
Sat. Fat (g)	26.0	6.2	26.2	5.3
Carbohydrate (g)	78.6	18.8	78.6	15.9
Sugars (g)	12.0	2.9	12.0	2.4
Protein (g)	21.7	5.2	33.5	6.8
Salt (g)	1.68	0.40	2.58	0.52

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
5) Crustaceans

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

- Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.
- Halve the **baby plum tomatoes**.
- Peel and grate the **garlic** (or use a garlic press).



Bring on the Creamy Sauce

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium heat.
- Once hot, add the **garlic** and stir-fry for 1 min.
- Stir in the **water for the sauce** (see pantry for amount) and **veg stock paste**. Bring to the boil, then simmer until slightly reduced, 1-2 mins.
- Once reduced, stir in the **double cream**, bring back to the boil, then remove from the heat. Taste and add **salt** and **pepper** if needed.

CUSTOM RECIPE

If you've chosen to add **prawns**, drain them, then add them to the pan before the **garlic**. Fry for 1-2 mins, then add the **garlic** and continue as instructed. The **prawns** will cook through while simmering. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Roast the Tomatoes

- Pop the **tomatoes** onto a piece of foil.
- Drizzle over some **olive oil**. Season with **salt, pepper** and the **sugar** (see pantry for amount).
- Fold the foil, sealing on all sides to create a **parcel**, then place onto a small baking tray.
- When the oven is hot, roast the **tomato parcel** on the top shelf until softened, 12-15 mins.



All Together Now

- Once cooked, drain the **pasta** in a colander, then add to the pan of **creamy sauce** along with the **peas** and heat through for 1-2 mins.
- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through the **cheese**, then taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



Pasta Time

- Meanwhile, add the **rigatoni** to the **boiling water** and bring back to the boil.
- Cook until tender, 12 mins.



Finish and Serve

- When everything's piping hot, spoon the **creamy veg pasta** into your bowls and drizzle over the **fresh pesto**.
- Carefully remove your **roasted tomatoes** from the foil and serve them on top.
- Spoon over the **tomato juices** from the **parcel** to finish.

Enjoy!