



Chorizo Crusted Baked Rigatoni with Cheese and Garlicky Tenderstem® Broccoli

Family 25-30 Minutes • 1 of your 5 a day

9



Red Onion



Garlic Clove



Mature Cheddar Cheese



Rigatoni Pasta



Chorizo



Panko Breadcrumbs



Chicken Stock Paste



Creme Fraiche



Dried Oregano



Tenderstem® Broccoli

Pantry Items

Olive Oil, Plain Flour, Water

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, grater, colander, frying pan, bowl and ovenproof dish.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Mature Cheddar Cheese** (7)	60g	90g	120g
Rigatoni Pasta (13)	200g	270g	360g
Chorizo**	60g	90g	120g
Panko Breadcrumbs (13)	25g	35g	50g
Olive Oil for the Roux*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Crème Fraîche** (7)	150g	225g	300g
Dried Oregano	1 sachet	2 sachets	2 sachets
Tenderstem® Broccoli**	150g	200g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	396g	100g
Energy (kJ/kcal)	4260 / 1018	1076 / 257
Fat (g)	51	13
Sat. Fat (g)	26	7
Carbohydrate (g)	101	25
Sugars (g)	10	3
Protein (g)	38	10
Salt (g)	3.10	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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.

Contact

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Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**. Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**. Once boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Assemble your Bake

Add the **dried oregano** and **Cheddar** to the **sauce** and stir until well combined. Taste and season with **salt** and **pepper** if needed. Add the **cooked pasta** to the **sauce** and stir to combine. Add a splash of **water** to loosen it if needed. Transfer to an ovenproof dish and sprinkle the **chorizo crumb** evenly over the top. Bake on the top shelf of your oven until the **crumbs** are golden, 5-6 mins. Once cooked, remove from your oven and leave to stand.



Make the Chorizo Crumb

While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **chorizo** and stir-fry until it releases its oils, 1-2 mins. Don't let it take on too much colour. Transfer the **chorizo** and its **oil** to a small bowl with the **breadcrumbs**. Season with **pepper**, stir to combine, then set aside.



Cook the Broccoli

Meanwhile, wash out your frying pan and pop it back on medium-high heat with a drizzle of **oil**. Halve any thick **broccoli stems** lengthways. Once the pan is hot, add the **broccoli** and stir-fry for 1-2 mins. Add the **garlic** and fry for 1 min longer. Then add a splash of **water** and immediately cover with a lid or some foil. Lower the heat to medium and allow to cook until the **broccoli** is tender, 4-5 mins. Remove the pan from the heat.



Simmer the Sauce

Put your frying pan back on medium-high heat. Add the **olive oil for the roux** (see ingredients for amount) and the **onion**. Stir-fry until soft, 3-4 mins, then stir in the **flour** (see ingredients for amount). Cook until it forms a **paste** consistency, 1-2 mins. Gradually, stir in the **water for the sauce** (see ingredients for amount) and the **chicken stock paste**. Bring to the boil, then simmer until thickened, 1-2 mins. Stir in the **crème fraîche**, then remove from the heat.



Finish and Serve

Spoon the **baked rigatoni** into bowls and serve the **broccoli** alongside.

Enjoy!