



Creamy Green Bean Rigatoni

with Lemony Courgette Salad

CLASSIC 25 Minutes • 3 of your 5 a day • Veggie

N° 18



Onion



Green Beans



Premium Tomatoes



Flat Leaf Parsley



Garlic Clove



Lemon



Rigatoni Pasta



Courgette



Vegetable Stock Powder



Crème Fraîche



Hard Italian Style Grated Cheese

Before you start

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

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Colander, Saucepan, Frying Pan, Vegetable Peeler and Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Green Beans**	1 small pack	1 large pack	2 small packs
Premium Tomatoes	1 small punnet	1 large punnet	1 large punnet
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Lemon**	1	1	1
Rigatoni Pasta 13	200g	300g	400g
Courgette**	1	1	2
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Crème Fraîche 7) **	100g	150g	200g
Hard Italian Style Grated Cheese 7) 8) **	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	567g	100g
Energy (kJ/kcal)	2916 /697	515 /123
Fat (g)	24	4
Sat. Fat (g)	12	2
Carbohydrate (g)	96	17
Sugars (g)	21	4
Protein (g)	28	5
Salt (g)	1.15	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **10)** Celery **13)** Gluten

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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1. Get Prepped

Bring a large saucepan of **water** to the boil with a ½ tsp of **salt**. Halve, peel and chop the **onion** into small pieces. Trim the **green beans** then chop into thirds. Halve the **tomatoes**. Finely chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Halve the **lemon**.



4. Make the Ribbons

Trim the **courgette**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **courgette**. Stop when you get to the spongy centre. Pop the ribbons into a bowl and leave to the side. Squeeze the **lemon juice** into another smaller bowl and add a glug of **olive oil** and a pinch of **salt** and **pepper**. Whisk together and leave to the side - we will dress the **courgette** with the dressing later.



2. Cook the Pasta

Add the **rigatoni** to the boiling **water** and simmer until tender, 12 mins. Then drain the **pasta** in a colander, pop it back in the pan, drizzle with **oil** and stir through to stop it sticking together.



5. Finish the Sauce

Once soft, add the **garlic** to the **onion**, cook for one minute. Pour in the **water** (see ingredient list for amount) and stir in the **vegetable stock powder**. Simmer until the mixture has reduced by a third, 5-6 mins, then add in the **green beans** and **tomatoes**, cover with a lid or some foil and cook until the **beans** are tender and the **tomatoes** softened, 3-4 mins. Then stir in the **crème fraîche** and some **black pepper**, bring to the boil. Taste and add **salt** and **pepper** if you feel it needs it.



3. Start the Sauce

While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **onion** and cook until nicely softened, 5-6 mins.



6. Finish and Serve

Add the drained **pasta** into the **sauce** and stir through, add a splash of **water** if the sauce is a bit thick. Ensure it's piping hot, then remove from the heat. Stir in the **parsley** and the **hard Italian cheese**. Taste and add **salt** and **pepper** if you feel it needs it. Add the **lemony dressing** to the **courgettes** and toss together. Serve the **pasta** in bowls with the **courgette salad** on top (or on the side for any fussy eaters!).

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.