



Creamy Green Bean Rigatoni with Lemony Courgette Salad

Classic Eat Me Early • 25 Minutes • 3 of your 5 a day



Onion



Green Beans



Premium Tomatoes



Flat Leaf Parsley



Garlic Clove



Lemon



Rigatoni Pasta



Courgette



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Colander, Frying Pan, Wooden Spoon, Peeler, Bowl, Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Green Beans**	150g	200g	300g
Premium Tomatoes	125g	250g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Lemon**	1	1	1
Rigatoni Pasta 13	180g	270g	360g
Courgette**	1	1	2
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Paste 10	10g	15g	20g
Creme Fraiche 7 **	113g	150g	225g
Grated Hard Italian Style Cheese 7 8 **	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	528g	100g
Energy (kJ/kcal)	2694 /644	510 /122
Fat (g)	24	5
Sat. Fat (g)	12	2
Carbohydrate (g)	85	16
Sugars (g)	17	3
Protein (g)	26	5
Salt (g)	1.40	0.27

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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You can recycle me!



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**.



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. Add a squeeze of **lemon juice** to 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.



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 into the pan, drizzle with **oil** and stir through to stop it sticking together.



Finish the Sauce

Once soft, add the **garlic** to the **onion**, cook for 1 minute. Pour in the **water** (see ingredient list for amount) and stir in the **vegetable stock paste**. 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 **creme fraiche** and some **black pepper**, bring to the boil. Taste and add **salt** and **pepper** if you feel it needs it.



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.



Stir 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 style 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.