












Creamy Green Veg and Pesto Pasta with Roasted Tomatoes

Rapid 20 Minutes • 2 of your 5 a day • Veggie

17



-  Green Beans
-  Baby Plum Tomatoes
-  Garlic Clove
-  Rigatoni Pasta
-  Vegetable Stock Paste
-  Creme Fraiche
-  Peas
-  Grated Hard Italian Style Cheese
-  Fresh Pesto

Pantry Items
Oil, Salt, Pepper, Olive Oil, Sugar

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
Green Beans**	80g	150g	160g
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	2	3	4
Rigatoni Pasta 13)	180g	270g	360g
Vegetable Stock Paste 10)	10g	15g	20g
Crema Fraiche** 7)	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Fresh Pesto** 7)	50g	64g	100g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	150ml	200ml	250ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	374g	100g
	3317 /793	887 /212
Fat (g)	40.1	10.7
Sat. Fat (g)	19.4	5.2
Carbohydrate (g)	83.7	22.4
Sugars (g)	13.7	3.7
Protein (g)	22.4	6.0
Salt (g)	1.81	0.48

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

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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



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**.
- Trim the **green beans**.
- 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 **creme fraiche**, bring back to the boil, then remove from the heat. Taste and add **salt** and **pepper** if needed.



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 **tomatoes** on the top shelf until softened, 12-15 mins.



Combine and Stir

- When the **pasta** and **green beans** have 3 mins left to cook, add the **peas** to the same saucepan and simmer for 2-3 mins.
- Once cooked, drain the **pasta** and **veg** in a colander, then add to the pan of **creamy sauce** and heat through.
- 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 and Beans Time

- Meanwhile, add the **rigatoni** to your pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.
- Halfway through, add the **green beans** to the **pasta** and cook for the remaining time until tender, 5-6 mins.



Finish and Serve

- When everything's piping hot, spoon the **creamy veg pasta** into 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!