



# Creamy Harissa & Double Cheese Pasta Bake with Pepper, Sweetcorn and Rocket

**Classic** 30-35 Minutes • Mild Spice • 3 of your 5 a day

4



Rigatoni Pasta



Bell Pepper



Garlic Clove



Sweetcorn



Mozzarella



Mature Cheddar  
Cheese



Harissa Paste



Tomato Passata



Vegetable Stock  
Paste



Creme Fraiche



Rocket

**Pantry Items**

Oil, Salt, Pepper, 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, colander, garlic press, sieve, kitchen paper, grater, frying pan and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta <b>13</b>	180g	270g	360g
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Sweetcorn	150g	150g	326g
Mozzarella** <b>7</b>	1 ball	1 ball	2 balls
Mature Cheddar Cheese** <b>7</b>	30g	40g	60g
Harissa Paste	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Creme Fraiche** <b>7</b>	75g	120g	150g
Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	506g	100g
Energy (kJ/kcal)	3592 / 858	710 / 170
Fat (g)	38.3	8.0
Sat. Fat (g)	19.0	4.0
Carbohydrate (g)	94.0	19.0
Sugars (g)	22.0	4.2
Protein (g)	32.4	6.4
Salt (g)	3.00	1.00

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **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

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## Cook the Pasta

Bring a large saucepan of **water** to the boil with **½ tsp salt**.

When boiling, add the **rigatoni** 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

Bring the **sauce** to the boil, then lower the heat and simmer until thickened, 4-5 mins. Taste and season with **salt and pepper** if needed.

Once ready, combine the **cooked pasta** and **sauce** in whichever pan is biggest. Add a splash of **water** if it's a little too thick, then transfer to an appropriately sized ovenproof dish.

Scatter over the **mozzarella** and **Cheddar**.



## Get Prepped

While the **pasta** cooks, halve the **pepper** and discard the core and seeds. Chop into 1cm chunks.

Peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve.

Drain the **mozzarella** and pat it dry with kitchen paper, making sure you squeeze out as much liquid as possible. Then tear it into pieces.

Grate the **Cheddar**.



## Time to Grill

Pop the dish under the grill and cook until the **cheese** is bubbling and golden, 7-8 mins.



## Start your Pasta Sauce

Preheat the grill to high.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **pepper** and **corn**. Stir-fry until tender, 5-6 mins.

Lower the heat to medium-high, then add the **garlic** and **harissa paste** (add less if you'd prefer things milder). Stir-fry for 1 min more.

Stir in the **passata**, **veg stock paste**, **creme fraiche**, **sugar** and **water for the sauce** (see pantry for both amounts).



## Serve

When ready, share the **harissa pasta bake** between your bowls.

Top with a handful of **rocket** to finish.

**Enjoy!**