



Creamy Pesto Pasta with Peas, Spinach and Cheese

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

18



Garlic Clove



Penne Pasta



Creme Fraiche



Vegetable Stock
Paste



Peas



Baby Spinach



Fresh Pesto



Grated Hard Italian
Style Cheese

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Kettle, garlic press, saucepan, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Penne Pasta 13)	180g	270g	360g
Crema Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Peas**	120g	240g	240g
Baby Spinach**	100g	150g	200g
Fresh Pesto** 7)	50g	82g	100g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	376g	100g
Energy (kJ/kcal)	3432 /820	909 /217
Fat (g)	42.9	11.4
Sat. Fat (g)	22.6	6.0
Carbohydrate (g)	79.1	20.9
Sugars (g)	9.5	2.5
Protein (g)	27.8	7.4
Salt (g)	2.10	0.56

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

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Get Prepped

- Fill and boil your kettle.
- Peel and grate the **garlic** (or use a garlic press).
- Pour the **boiling water** into a large saucepan and add $\frac{1}{2}$ **tsp salt**. Bring back to the boil on medium heat.



Make your Creamy Sauce

- Stir the **crema fraiche** and **vegetable stock paste** into the **garlic**.
- Add the **water for the sauce** (see pantry for amount) and stir to combine.
- Simmer, stirring occasionally, until the **sauce** has reduced and thickened slightly, 4-5 mins.



Cook the Pasta

- Add the **penne** to the **boiling 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.



Hey Pesto

- Add the **peas** to the **sauce**, then add the **baby spinach** a handful at a time until wilted and piping hot, 1-2 mins.
- Once the **penne** is cooked, add to the **sauce** and stir to coat well.
- Stir through the **pesto** and **half the hard Italian style cheese**.



Fry the Garlic

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic** and stir-fry until fragrant, 30 secs.



Serve

- Share your **creamy pesto pasta** between your bowls.
- Finish with a sprinkling of the remaining **cheese**.

Enjoy!