



Creamy Rigatoni

with Garlicky Greens and Creme Fraiche

Classic 25 Minutes • 1 of your 5 a day

19



Shallot



Garlic Clove



Courgette



Chives



Lemon



Rigatoni Pasta



Rainbow Chard



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Chorizo



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!


Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Peeler, Zester, Colander, Frying Pan, Mixing Bowl and Aluminium Foil.

Ingredients

	2P	3P	4P
Shallot**	1	1	2
Garlic Clove**	2	3	4
Courgette**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Rigatoni Pasta 13	180g	270g	360g
Reserved Pasta			
Water for the Sauce*	100ml	150ml	200ml
Rainbow Chard**	150g	225g	300g
Vegetable Stock Paste 10	10g	15g	20g
Crema Fraiche** 7	150g	225g	300g
Grated Hard Italian Style Cheese** 7 8	40g	65g	80g
 Chorizo**	60g	90g	120g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	2722/651	626/150
Fat (g)	29	7
Sat. Fat (g)	14	3
Carbohydrate (g)	80	18
Sugars (g)	13	3
Protein (g)	25	6
Salt (g)	1.81	0.42
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	465g	100g
Energy (kJ/kcal)	3200/765	689/165
Fat (g)	38	8
Sat. Fat (g)	18	4
Carbohydrate (g)	77	17
Sugars (g)	13	3
Protein (g)	32	7
Salt (g)	3.27	0.70

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.

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Prep Time

Put a large saucepan of **water** with **½ tsp of salt** on to boil for the **pasta**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Pull a vegetable peeler lengthways along the **courgette** to make ribbons. Finely chop the **chives** (use scissors if you like). Zest and halve the **lemon**.



Make the Sauce

Put your frying pan back on medium heat with a splash of **oil** and add the **shallot**. Cook until softened, stirring occasionally, 4-5 mins, then add the **vegetable stock paste** and the **reserved pasta water**. Stir to combine, then simmer until reduced by half, 3-4 mins. Stir in the **creme fraiche**, heat through until piping hot, then season with **pepper**. Stir through the **chives** and **three quarters** of the **grated hard Italian style cheese**.

CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, add it to the pan when you add the **shallot** and cook for the same amount of time. Then continue.



Cook the Pasta

When boiling, add the **rigatoni** to the pan of water and bring back to the boil. Cook until tender, 12 mins. When ready, reserve some of the **pasta cooking water** (see ingredients for amount), then drain the **pasta** in a colander. Return to the pan and drizzle over some **oil** to stop it sticking together.



Combine

Add the **pasta** to your **sauce** along with **half** the **greens** and stir everything together. **TIP: If the sauce needs loosening up, just add a splash of water.** Add a pinch of **lemon zest** and a squeeze of **lemon juice**. Taste and add more **lemon juice, salt** and **pepper** if needed.



Stir-Fry the Greens

Meanwhile, heat a glug of **oil** in a frying pan on medium heat. Once hot, add the **rainbow chard**. Season with **salt** and **pepper** and stir-fry until starting to soften, 3-4 mins. Add the **courgette** and **garlic**, mix well and cook for 2-3 mins more. Once cooked, pop the **greens** into a mixing bowl and cover with some foil to keep warm.



Finish and Serve

Serve the **creamy pasta** in bowls with the remaining **greens** on top and a sprinkling of the remaining **grated hard Italian style cheese**.

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.