



# CREAMY VEGGIE PENNE

with Crème Fraîche, Lemon and Tarragon



## HELLO PENNE

The word 'penne' is derived from the Latin penna meaning 'feather' or 'quill' because of its shape.



Red Pepper



Yellow Pepper



Courgette



Baby Plum Tomatoes



Wheat Penne



Tarragon



Lemon



Vegetable Stock Powder



Crème Fraîche



Italian Style Grated Hard Cheese

MEAL BAG

Hands on: 30 mins  
Total: 30mins



2.5 of your  
5 a day

Veggie

The delicious creaminess of crème fraîche makes it the perfect thing to use in wheat pasta sauces like this one. Chef Lizzy has used lemon zest and tarragon to lift the flavour of the sauce and stirred through peppers, courgette and fresh tomatoes for an added hit of goodness. Simple, quick, delicious.

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## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Colander, Large Frying Pan** and **Fine Grater**. Now, let's get cooking!



### 1 PREP TIME

Bring a large saucepan of water to the boil with a pinch of salt for the wheat pasta. Meanwhile, halve the **peppers** and discard the cores and seeds. Slice into thin strips. Trim the **courgette**, quarter lengthways then chop into 1cm chunks. Halve the **tomatoes**.



### 2 COOK THE WHEAT PASTA

Add the **wheat penne** to the boiling water and cook for 12 mins. When cooked, drain in a colander, return to the pan off the heat and drizzle with a little **oil** to stop it sticking.



### 3 COOK THE VEGGIES

While the wheat pasta cooks, heat a drizzle of **oil** in a large frying pan on medium heat. Add the **peppers** and **courgette** along with a pinch of **salt** and cook, stirring occasionally, until just soft, 8-10 mins.



### 4 CHOP THE HERBS

While the **veggies** are cooking, pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks). Zest the **lemon** and cut into wedges.



### 5 FINISH THE SAUCE

When the **veggies** are soft, stir in the **tomatoes, stock powder, the lemon zest, crème fraîche** and **half the tarragon**, simmer for 2-3 mins. **★ TIP: If the sauce is a little thick, add a splash of water (use the wheat pasta water if it's still cooking!)** Season to taste with **salt** and **pepper** if needed.



### 6 SERVE

Add the **wheat penne** to the **sauce** and mix well to combine (or tip it all into the saucepan you used to cook the wheat pasta - whichever is largest!). Season to taste with **salt** and **pepper** if needed. Serve in bowls topped with the remaining **tarragon** and a sprinkling of **cheese**. Serve the **lemon wedges** on the side. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper *	1	1	1
Yellow Pepper *	1	1	1
Courgette *	1	1	2
Baby Plum Tomatoes	1 punnet	1 punnet	2 punnets
Wheat Penne 13)	200g	300g	400g
Tarragon *	½ bunch	¾ bunch	1 bunch
Lemon *	1	1	1
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Italian Style Grated Hard Cheese 7) 8) *	½ pack	1 pack	1 pack

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 619G	PER 100G
Energy (kJ/kcal)	2709 / 648	438 / 105
Fat (g)	21	3
Sat. Fat (g)	10	2
Carbohydrate (g)	96	15
Sugars (g)	23	4
Protein (g)	24	4
Salt (g)	0.61	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

7) Milk 8) Egg 10) Celery 13) Gluten

**Wheat Penne Pasta. Ingredients:** Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

#### 👍 THUMBS UP OR THUMBS DOWN?

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