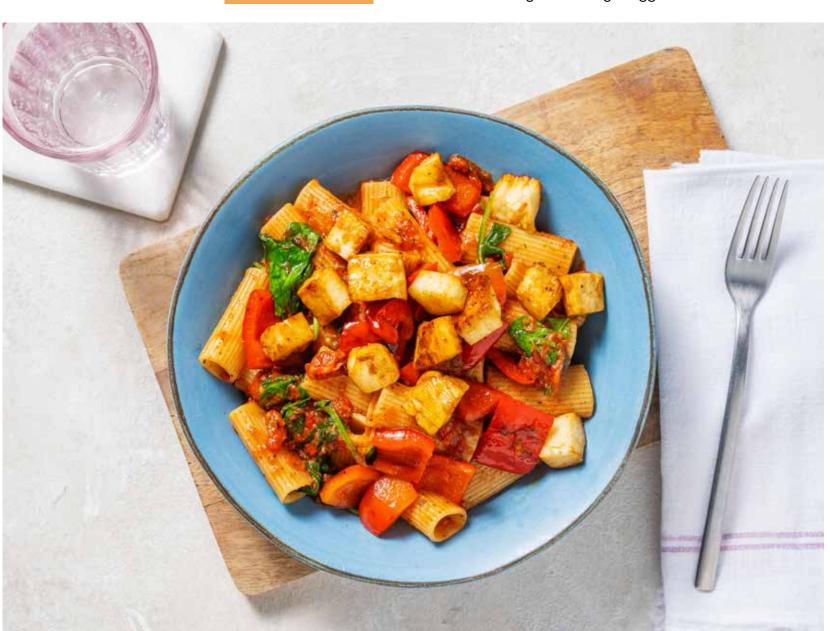


# Halloumi and Roasted Pepper Rigatoni

with Roasted Garlic Tomato Sauce and Baby Spinach

Customer Favourites 35-40 Minutes • 2 of your 5 a day • Veggie











Halloumi





Italian Style Herbs





Finely Chopped Tomatoes with Onion and Garlic



Garlic Clove

Vegetable Stock Paste



Rigatoni Pasta



**Baby Spinach** 

## Before you start

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

## Cooking tools

Bowl, baking tray, baking paper, aluminium foil, kitchen paper, frying pan, saucepan and colander.

## Ingredients

Ingredients	2P	3P	4P	
Halloumi** 7)	250g	375g	500g	
Bell Pepper***	1	2	2	
Italian Style Herbs	1 sachet	1 sachet	2 sachets	
Garlic Clove**	2	3	4	
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons	
Vegetable Stock Paste <b>10</b> )	10g	15g	20g	
Rigatoni Pasta 13)	180g	270g	360g	
Baby Spinach**	100g	150g	200g	
Pantry	2P	3P	4P	
Water for the Sauce*	75ml	100ml	150ml	
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp	
*Not be already at **Ctore in the Friday ***Decad on a series				

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

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	3563 /852	640/153
Fat (g)	34.1	6.1
Sat. Fat (g)	19.1	3.4
Carbohydrate (g)	87.9	15.8
Sugars (g)	20.3	3.7
Protein (g)	45.5	8.2
Salt (g)	5.74	1.03

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

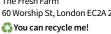
#### Contact

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# Roast the Pepper

Preheat your oven to 220°C/200°C fan/gas mark 7. Drain the halloumi, then cut it into 2cm chunks.

Place them into a small bowl of cold water and leave to soak.

Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks, then pop it onto a lined baking tray.

Drizzle with oil, scatter over half the Italian style herbs and season with salt and pepper. Toss to coat, then roast on the top shelf of your oven until browned and tender, 20-25 mins.



# Bring on the Garlic

Meanwhile, pop the garlic (unpeeled) into a small piece of foil with a drizzle of oil and scrunch to enclose it.

Halfway through the **pepper** roasting time, pop the garlic parcel onto the same baking tray and roast until soft, 10-12 mins.



# Fry the Halloumi

Meanwhile, remove the halloumi cubes from the cold water, pop them onto a plate lined with kitchen paper and pat them dry.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the halloumi and fry, turning regularly, until golden brown all over, 4-5 mins. Transfer to a plate and set aside, but don't wash up the pan.

Bring a large saucepan of water to the boil with 1/2 tsp salt for the pasta.



### Sauce Time

Return the (now empty) frying pan to medium heat. Add the chopped tomatoes, vegetable stock paste, remaining Italian style herbs, water and sugar for the sauce (see ingredients for both amounts).

Season with salt and pepper and bring to the boil. Lower the heat and gently simmer, stirring occasionally, until thickened, 10-12 mins.

Once the garlic has roasted, allow it to cool, cut the end with scissors and squeeze it out of the skin. Mash with the back of a fork and stir into the sauce.



## Cook the Pasta

While the sauce simmers, add the rigatoni to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

Once the **pepper** has roasted, stir it through the thickened sauce along with the fried halloumi.

Add the **spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.

Add a splash of water to loosen if needed. Taste and season with salt and pepper if you like.



#### Serve

Once the pasta is cooked, drain and stir it through the sauce.

Divide the halloumi and pepper rigatoni between your bowls.

Enjoy!