



Halloumi and Roasted Pepper Rigatoni

with Roasted Garlic Tomato Sauce and Baby Spinach

Customer Favourites 35-40 Minutes • 3 of your 5 a day • Veggie

38



Halloumi



Bell Pepper



Italian Style Herbs



Garlic Clove



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Rigatoni Pasta



Baby Spinach

Pantry Items
Sugar

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 10)	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 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

	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.



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**.



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.



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.



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 **½ tsp salt** for the **pasta**.



Serve

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

Divide the **halloumi and pepper rigatoni** between your bowls.

Enjoy!