



# Halloumi and Roasted Pepper Rigatoni

with Roasted Garlic Tomato Sauce and Baby Spinach

22

Classic 35-40 Minutes • 3 of your 5 a day • Veggie • **Eat Me Early**



Halloumi



Bell Pepper



Mixed Herbs



Garlic Clove



Finely Chopped  
Tomatoes with  
Onion and Garlic



Vegetable Stock  
Paste



Rigatoni Pasta



Baby Spinach

**Pantry Items**

Oil, Salt, Pepper, Sugar

## Before you start

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

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Halloumi** 7)	250g	375g	500g
Bell Pepper***	1	2	2
Mixed 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
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3567 / 852	665 / 159
Fat (g)	34.2	6.4
Sat. Fat (g)	19.0	3.5
Carbohydrate (g)	86.6	16.1
Sugars (g)	20.8	3.9
Protein (g)	46.3	8.6
Salt (g)	5.80	1.08

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## 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 **bell pepper** and discard the core and seeds. Chop into 2cm chunks, then pop onto a baking tray. Drizzle with **oil**, scatter over **half** the **mixed 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.



## Tomato Sauce Time

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

Season with **salt** and **pepper**, then 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, then cut the end with scissors and squeeze it out of the skin. Mash with the back of a fork and stir into the sauce.



## Prep 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 **bell 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 it's a little thick. Taste and season with **salt** and **pepper** if needed.



## 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 the pan aside.

While the **halloumi** fries, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.



## Serve

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

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

## Enjoy!