



Rigatoni and Balsamic Slow Roasted Tomatoes with Black Olives, Pine Nuts and Cheddar

23

Calorie Smart 25-30 Minutes • 2 of your 5 a day • Veggie • Under 650 Calories



Baby Plum Tomatoes



Balsamic Glaze



Echalion Shallot



Garlic Clove



Black Olives



Mature Cheddar Cheese



Pine Nuts



Rigatoni Pasta



Tomato Passata



Vegetable Stock Paste

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

Saucepan, aluminium foil, baking tray, garlic press, grater, frying pan, bowl and colander.

Ingredients

Ingredients	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Balsamic Glaze 14)	1 sachet	2 sachets	2 sachets
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Black Olives	30g	45g	60g
Mature Cheddar Cheese** 7)	30g	40g	60g
Pine Nuts	1 sachet	1 sachet	2 sachets
Rigatoni Pasta 13)	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	2410 /576	700 /167
Fat (g)	16.9	4.9
Sat. Fat (g)	5.1	1.5
Carbohydrate (g)	84.3	24.5
Sugars (g)	18.3	5.3
Protein (g)	20.7	6.0
Salt (g)	2.27	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten

14) Sulphites

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.

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Slow Roast the Tomatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.

Halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil** and the **balsamic glaze**, then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a **parcel**.

When the oven is hot, pop the **parcel** onto a baking tray and roast on the top shelf until softened, 15-20 mins.



Start your Tomato Sauce

While the **pasta** cooks, pop your (now empty) frying pan back on medium heat with a drizzle of **oil**.

Once hot, add the **shallot** and cook, stirring, until softened, 4-5 mins.

Stir in the **garlic** and **olives**, then cook for 1 min more.

Add the **passata**, **veg stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir together, bring to a simmer, then cook until reduced by half, 5-7 mins.

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Get Prepped

Meanwhile, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **olives**. Grate the **cheese**.

Heat a large frying pan on medium heat (no oil).

Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.

Once toasted, transfer them to a small bowl.



Season to Taste

Once thickened, taste the **sauce** and season with **salt** and **pepper**.

Add the **cooked pasta** to the pan and toss together to combine.



Cook the Pasta

When your pan of **water** is boiling, add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Serve

Serve your **pasta** in bowls with the **slow roasted tomatoes** spooned over the top (discard any leftover **juices** in the foil).

Scatter with the **cheese** and **pine nuts** to finish.

Enjoy!