

















Rigatoni Caprese

with Pine Nuts, Mozzarella and Balsamic Tomato Salsa

N° 7

CLASSIC 30 Minutes • 1 of your 5 a day • Veggie



-  Echalion Shallot
-  Garlic Clove
-  Olives
-  Baby Plum Tomatoes
-  Flat Leaf Parsley
-  Rigatoni Pasta
-  Pine Nuts
-  Tomato Puree
-  Finely Chopped Tomatoes
-  Vegetable Stock Powder
-  Chives
-  Mozzarella
-  Balsamic Vinegar
-  Honey

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Colander and Large Frying Pan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Olives**	1 pouch	1 ½ pouches	2 pouches
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Rigatoni Pasta 13	200g	300g	400g
Pine Nuts	1 bag	1 bag	2 bags
Tomato Puree	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10	1 sachets	1½ sachets	2 sachets
Chives**	1 bunch	1 bunch	1 bunch
Mozzarella 7 **	1 ball	1½ balls	2 balls
Balsamic Vinegar 14	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	558g	100g
Energy (kJ/kcal)	3372/806	604/144
Fat (g)	29	5
Sat. Fat (g)	12	2
Carbohydrate (g)	99	18
Sugars (g)	25	4
Protein (g)	33	6
Salt (g)	2.27	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **13)** Gluten **14)** Sulphites

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. Prep Time!

Bring a large saucepan of **water** to the boil with ½ tsp **salt** for the pasta. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **olives**. Halve the **baby plum tomatoes** and roughly chop the **parsley** (stalks and all). Place the **tomatoes** and **parsley** in a bowl and season with a pinch of **salt**.



4. Cook the Sauce

Once the **pine nuts** are removed from your pan, put it back on medium heat and add a drizzle of **oil**. Add the **shallot** to your pan, stir and cook until softened, 4-5 mins. Add the **garlic** and **tomato puree**, stir and cook for one minute more. Pour in the **finely chopped tomatoes, olives** and **stock powder** and stir to dissolve. Add a pinch of **sugar** (if you have some). Bring to a simmer and cook until reduced by half, 10 mins.



2. Cook the Pasta

Add the **pasta** to your boiling **water** and boil for 12 mins. Once cooked, drain the **pasta** in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



5. Finish the Prep

While your sauce cooks, finely chop the **chives**. Drain the **mozzarella** and pull it apart into small pieces. Stir the **balsamic vinegar, honey** and **olive oil** (see ingredients for amount) into the bowl of **tomatoes**. Season to taste with **salt** and **pepper**.



3. Toast the Pine Nuts

Meanwhile, heat a large frying pan on medium heat and add the **pine nuts** (no oil!). Toast them until golden, 2-3 mins, tossing regularly. When golden, transfer them from your pan to a bowl. **TIP:** Watch the nuts like a hawk to make sure they don't burn!



6. Finish and Serve

When your **sauce** is cooked, season to taste with **salt** and **pepper**, then add the drained **pasta** and toss together. Stir through **half** the **chives** and **half** the **mozzarella** then share into bowls. Spoon your **tomato salsa** on top along with the remaining **mozzarella**, remaining **chives** and a sprinkle of **pine nuts**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.