

Rigatoni Caprese

with Pine Nuts, Mozzarella and Balsamic Tomato Salsa



CUSTOMER FAVOURITES 30 Minutes • 1 of your 5 a day • Veggie









Garlic Clove





Olives





Flat Leaf Parsley





Pine Nuts



Tomato Purée



Finely Chopped Tomatoes









Vegetable Stock Powder

Mozzarella



Balsamic Vinegar



Honey

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P	
Echalion Shallot **	1	1	2	
Garlic Clove**	1 clove	2 cloves	2 cloves	
Olives	1 pouch	1½ 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 2)	1 bag	1 bag	2 bags	
Tomato Purée	1 sachet	1 sachet	2 sachets	
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons	
Vegetable Stock Powder 10)	1 sachet	2 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*	1 tbsp	1 tbsp	1 tbsp	
*Not Included ** Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	558g	100g
Energy (kJ/kcal)	3178 /760	577/138
Fat (g)	23	4
Sat. Fat (g)	11	2
Carbohydrate (g)	99	18
Sugars (g)	24	4
Protein (g)	32	6
Salt (g)	2.27	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

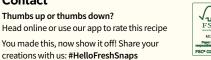
2) Nuts 7) Milk 10) Celery 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ



Packed in the UK



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.



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.



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!



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 **purée**, stir and cook for 1 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.



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.



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.

