



Rigatoni Caprese

with Pine Nuts, Mozzarella and Balsamic Tomato Salsa

N° 31

CUSTOMER FAVOURITES 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 Purée



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:

Fine Grater (or Garlic Press), Saucepan, 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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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**.



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.



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.