

Rigatoni Caprese

with Pine Nuts, Mozzarella and Balsamic Tomato Salsa



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















Olives



Baby Plum Tomatoes



Flat Leaf Parsley



Rigatoni Pasta



Pine Nuts



Tomato Purée





Finely Chopped Tomatoes





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 | 521g | 100g |
| Energy (kJ/kcal) | 3387/810 | 651/156 |
| Fat (g) | 29 | 6 |
| Sat. Fat (g) | 12 | 2 |
| Carbohydrate (g) | 98 | 19 |
| Sugars (g) | 24 | 5 |
| Protein (g) | 33 | 6 |
| Salt (g) | 2.29 | 0.44 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

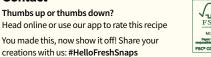
2) Nuts 7) Milk 10) Celery 13) Gluten 14) Sulphites

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.



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.

