



# Rigatoni Caprese

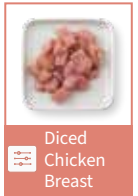
with Pine Nuts, Mozzarella and Balsamic Tomato Salsa

Classic 30 Minutes

19



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



Diced Chicken Breast



### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.  
Happy cooking!


## Before you start

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

## Cooking tools, you will need:

Saucepan, Bowl, Colander and Frying Pan.

## Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Black Olives	30g	45g	60g
Baby Plum Tomatoes	125g	190g	250g
Flat Leaf Parsley **	1 bunch	1 bunch	1 bunch
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Pine Nuts	15g	15g	30g
Tomato Puree	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Chives **	1 bunch	1 bunch	1 bunch
Mozzarella** <b>7)</b>	1 ball	1½ balls	2 balls
Balsamic Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1 sachet	2 sachets
Olive Oil for Dressing*	1 tbsp	1 tbsp	2 tbsp
 Diced Chicken Breast**	280g	420g	560g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>507g</b>	<b>100g</b>
Energy (kJ/kcal)	3159 /755	623 /149
Fat (g)	28	6
Sat. Fat (g)	12	2
Carbohydrate (g)	89	18
Sugars (g)	23	5
Protein (g)	31	6
Salt (g)	2.26	0.45

### Custom Recipe

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>647g</b>	<b>100g</b>
Energy (kJ/kcal)	3821 /913	591 /141
Fat (g)	31	5
Sat. Fat (g)	12	2
Carbohydrate (g)	89	14
Sugars (g)	23	4
Protein (g)	65	10
Salt (g)	2.40	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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


Please remember to check your ingredient packaging for information on allergens and traces of allergens! Wash your hands before and after prep. Wash fruit and veg, but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between). Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm

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## Prep Time

Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$   **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**.



## Cook the Sauce

Pop the (now empty) frying pan back on medium heat and add a drizzle of **oil**. Add the **shallot** to your pan, then stir and cook until softened, 4-5 mins. Add the **garlic** and **tomato puree**, stir and cook for 1 min more. Pour in the **chopped tomatoes, olives** and **veg stock paste**. Add a pinch of **sugar** (if you have some). Bring to a simmer and cook until reduced by half, 10 mins.



### CUSTOM RECIPE

If you've chosen to add **diced chicken breast** to your meal, add it to the pan when you add the **shallot** and cook for the same amount of time. Continue with the recipe as instructed.  
**IMPORTANT:** Wash your hands after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



## Cook the Pasta

Add the **pasta** to your **boiling water** and bring back to the boil. Cook until tender, 12 mins. Once cooked, drain the **pasta** in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



## 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**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Season to taste with **salt** and **pepper**.

**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.



## 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 them like a hawk as they can burn easily.



## 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, chives** and a sprinkle of **pine nuts**.

## Enjoy!