

Spaghetti Puttanesca

with Avocado and Rocket Salad

RAPID 15 Minutes • 1.5 of your 5 a day • Little Heat









Flat Leaf Parsley



Garlic Clove





Wheat Spaghetti



Puttanesca Sauce





Balsamic Vinegar



Honey



Grated Italian Style Hard Cheese

Before you start

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

Basic cooking tools, you will need:

Make sure you've got a Grater, two Saucepans, a Bowl and a Colander. Now, let's get cooking!

2|3|4 People-Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Puttanesca Sauce 10) 14)	1 pouch	1½ pouches	2 pouches
Wheat Spaghetti 13)	200g	300g	400g
Avocado	1	1½	2
Rocket	1 bag	1½ bags	2 bags
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Grated Italian Style Hard Cheese 7) 8)	1 pack	1½ packs	2 packs
*Not Included			

Nutrition

	Per serving	Per 100g
For uncooked ingredients	478g	100g
Energy (kJ/kcal)	3383 /809	708/169
Fat (g)	36	7
Sat. Fat (g)	9	2
Carbohydrate (g)	95	20
Sugars (g)	18	4
Protein (g)	26	5
Salt (g)	1.69	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

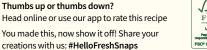
7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Wheat Penne Pasta. Ingredients: Durum wheat semolina, water. For allergens, including cereals containing gluten, see ingredients in bold.

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.

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1. Prep the Veg

- a) Fill and boil your kettle to use for the wheat pasta
- b) Halve the baby plum tomatoes.
- c) Roughly chop the parsley (stalks and all), peel and grate the garlic (or use a garlic press).



2. Start the Sauce

- a) Heat a splash of oil in a saucepan over medium-high heat.
- **b)** Add **half** the **tomatoes** and cook for 2 mins.
- c) Add the garlic, cook for 1 minute, then add the Puttanesca sauce.
- d) Turn the heat to low and bubble gently until ready to use.



3. Cook the Wheat Pasta

- a) Pour the water from the kettle into a large pan for the wheat pasta and add a good pinch of salt.
- **b)** Pop the pan on a high heat and bring back to the boil.
- c) Add the wheat spaghetti to the boiling water and cook for 8 mins.



4. Make the Salad

- a) Meanwhile, slice lengthways into the avocado. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the insides onto a board. Cut the flesh into 2cm chunks and pop them in a bowl.
- **b)** Add the remaining **tomatoes** and **rocket**.
- c) Mix the balsamic vinegar with the honey and olive oil (see ingredients for amount), set aside.



5. Mix

- a) When the wheat spaghetti is cooked, drain into a colander.
- b) Return the wheat spaghetti to the pan and add the puttanesca sauce, half the parsley and half the **cheese**. Mix well.



6. Finish and Serve

- a) Pour the dressing over your salad just before serving.
- b) Toss to coat the leaves.
- c) Share the wheat pasta and sauce between your bowls.
- d) Serve the dressed salad on the side and finish with remaining parsley and cheese.

Enjoy!