



Starry 'Galaxy' Veggie Pasta Bake with Courgette 'Planets' and Pea Shoot Salad

LIGHTYEAR 30-35 Minutes • Veggie • 2 of your 5 a day

21



Courgette



Garlic Clove



Mature Cheddar Cheese



Rigatoni Pasta



Tomato Passata



Vegetable Stock Paste



Creme Fraiche



Peas



Pea Shoots



Balsamic Vinegar

Disney · PIXAR
LIGHTYEAR
IN CINEMAS JUNE 17

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♥ To the dinner table... and beyond!

We've teamed up with Disney and Pixar to celebrate the launch of the new original sci-fi action-adventure "Lightyear".

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, grater, frying pan, bowl, colander and ovenproof dish.

Ingredients

	2P	3P	4P
Courgette**	1	1½	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** (7)	60g	90g	120g
Wheat Rigatoni Pasta (13)	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste (10)	10g	15g	20g
Creme Fraiche** (7)	100g	150g	200g
Peas**	120g	180g	240g
Pea Shoots**	40g	60g	80g
Balsamic Vinegar (14)	1 sachet	1 sachet	2 sachets
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	476g	100g
Energy (kJ/kcal)	2876 /687	604 /144
Fat (g)	28.0	5.9
Sat. Fat (g)	14.1	2.97
Carbohydrate (g)	85.0	17.9
Sugars (g)	15.4	3.3
Protein (g)	28.1	5.9
Salt (g)	2.03	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Set for Adventure

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**. Trim the **courgette**, then slice into thick 1cm rounds. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**.



Simmer the Sauce

Once the **courgette 'planets'** have been set aside, wipe out the frying pan and pop back on medium heat with a drizzle of **oil**. Once hot, add the **garlic** and cook for 30 secs, then add the **tomato passata**, **water for the sauce** (see ingredients for amount), **vegetable stock paste** and ½ **tsp sugar** (if you'd like). Stir together, then bring to the boil and simmer until thickened, 4-5 mins. Stir in the **creme fraiche** and **half the Cheddar**, then simmer until melted and smooth, 2-3 mins. Taste and season with **salt** and **pepper** if you'd like.



Make the Courgette Planets

Heat a large frying pan on high heat (no oil). When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour. Once cooked, season with **salt** and **pepper** if you'd like, then transfer the **courgette 'planets'** to a bowl.



Grill your Galaxy!

While the **sauce** simmers, preheat your grill to high. Chop **half your courgette 'planets'** into quarters, then stir into the **creamy sauce** along with the **peas** and **cooked pasta**. Add a splash of **water** if it's a little thick. Transfer your **pasta** to an ovenproof dish and top with the remaining **courgette 'planets'**. Sprinkle over the remaining **Cheddar** to make the stars of your galaxy! Grill until bubbling and golden, 3-4 mins.

Space Ranger Mission: Chart a course for a brand new galaxy! Little space rangers can help decorate the top of the pasta with the courgette 'planets' and cheese 'stars'. Make small piles of cheese here and there to make extra cheesy star clusters.



Cook the Pasta

Meanwhile, when your pan of **water** is boiling, add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Salad and Serve

Meanwhile, put the **balsamic vinegar** in a bowl with a drizzle of **oil**. Season with **salt** and **pepper** if you'd like, then mix together. When ready, share your **starry 'galaxy' pasta bake** between bowls. Add the **pea shoots** to the **balsamic dressing** and toss to coat, then serve alongside.

Enjoy!

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