







More Than Food  
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## Strolling Rigatoni with Cherry Tomatoes and Mozzarella Cheese

The key to this dish is gently roasting the cherry tomatoes and pepper to bring out their natural sweetness and then balancing this against tangy olives and mild, creamy mozzarella cheese. We've made it super quick and easy, to leave more time for putting your feet up!

 30 mins

 2.5 of your 5 a day

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Cherry Tomatoes  
(1 punnet)



Yellow Pepper  
(1)



Red Pepper  
(1)



Onion  
(½)



Garlic Clove  
(1)



Basil  
(½ bunch)



Rigatoni  
(200g)



Chorizo  
(1 pack)



Black Olives  
(30g)



Mozzarella Cheese  
(1 ball)

## 2 PEOPLE INGREDIENTS

- Cherry Tomatoes, halved
- Yellow Pepper, sliced
- Red Pepper, sliced
- Onion, chopped
- Garlic Clove, grated

**1 punnet**

**1**

**1**

**½**

**1**

- Basil, chopped
- Rigatoni
- Chorizo
- Black Olives, halved
- Mozzarella Cheese

**½ bunch**

**200g**

**1 pack**

**30g**

**1 ball**



Our fruit and veggies may need a little wash before cooking!

### Did you know...

Cherry tomatoes contain lycopene, an antioxidant that has been shown to lower the risk of both cardiovascular disease and cancer. Wow.

**Allergens:** Milk, Gluten.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	781 kcal / 3280 kJ	32 g	16 g	83 g	7 g	39 g	2 g
<b>Per 100g</b>	150 kcal / 628 kJ	6 g	3 g	16 g	1 g	7 g	0 g



**1** Preheat your oven to 200 degrees and cut the **cherry tomatoes** in half. Remove the core from the **peppers** and then slice into strips. Lay out on a baking tray then drizzle with **olive oil** and season with a pinch of **salt**. Roast on the top shelf of your oven for 15-20 mins until starting to brown at the edges.



**2** Boil a pot of water with a pinch of **salt**. Peel and finely chop the **onion**. Peel and grate the **garlic** (or use a garlic press if you have one). Roughly chop the **basil**.



**3** Cook the **rigatoni** in the boiling water for 11 mins or until 'al dente'. **Tip:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle - taste it as you go to get it just right. Once cooked drain, reserving a splash of pasta water.



**4** Add a splash of **olive oil** to a frying pan over medium heat. Once warm, add the **chorizo** and **onion** and cook gently for 5 mins until soft. Add your **garlic** and a few good grinds of **black pepper** and cook for 1 minute more.

**5** Cut the **olives** in half lengthways and add to the pan along with a splash of the **pasta water**. **Tip:** Adding pasta water is a classic Italian trick and adds some salt and starchiness to give you a bit of a sauce.

**6** When your pasta is cooked, it's time to combine everything. Add your **tomatoes** and **peppers** to the frying pan and tear in half the **mozzarella** and most, but not all, of your **basil**. Add your **pasta** and toss everything together.

**7** Serve with your remaining **mozzarella** torn over the top, the rest of your **basil** and a drizzle of **olive oil**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!