



Creamy Courgette Rigatoni

with chives and Italian style cheese

Family Veggie 25-30 mins

9



Onion



Garlic



Courgette



Chives



Lemon



Dried Rigatoni



Baby Spinach



Hello Muscat



Creme Fraiche



Grated Italian Style Hard Cheese

Pantry Items: Water, Oil, Salt, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater, peeler, zester

Ingredients

	2P	4P
Onion	½ unit	1 unit
Garlic	2 units	4 units
Courgette	1 unit	2 units
Chives	5 g	10 g
Lemon	½ unit	1 unit
Dried Rigatoni	180 g	360 g
Baby Spinach	120 g	240 g
Hello Muscat	1 sachet	2 sachets
Creme Fraiche	125 g	250 g
Grated Italian Style Hard Cheese	25 g	50 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	397.5 g	100 g
Energy (kJ/kcal)	2489.5 kJ/ 595 kcal	626.3 kJ/ 149.7 kcal
Fat (g)	22 g	5.5 g
Sat. Fat (g)	12.4 g	3.1 g
Carbohydrate (g)	80.6 g	20.3 g
Sugars (g)	10.7 g	2.7 g
Protein (g)	22.1 g	5.6 g
Salt (g)	1.8 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

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Get Prepped

- Boil a large pot of **salted water** for the **rigatoni**.
- Halve and peel the **onion**. Thinly slice **half** (double for 4p).
- Peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (or use scissors).
- Pull a vegetable peeler lengthways along the **courgette** to make ribbons.
- Zest **half** the **lemon** (double for 4p). Cut in **half**.

TIP: If you're in a hurry you can boil the water in your kettle.



Make the Sauce

- Return the pan to medium heat with a drizzle of **oil**.
- Once hot, add the **onion** and cook until softened, stirring occasionally, 4-5 mins.
- Add the **muscat** and reserved **pasta water**. Stir to dissolve the **muscat** and simmer until reduced by **half**, 3-4 mins.
- Stir in the **creme fraiche** and cook until piping hot, then season with a pinch of **pepper**.
- Mix in the **chives** and three-quarters of the **cheese**.



Cook the Rigatoni

- Add the **rigatoni** to the boiling **water** and simmer until cooked, 12 mins.
- When ready, reserve 50ml of the **pasta water** (double for 4p), then drain the **pasta** in a colander.
- Return the **rigatoni** to the pot, off the heat.
- Drizzle over some **oil** and stir through to prevent sticking.



Add the Pasta

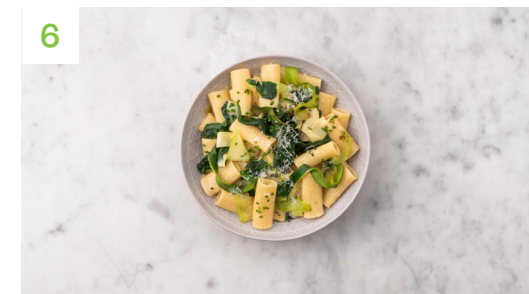
- Add the **pasta** to your sauce along with **half** the veg and stir everything together.
- Add a pinch of **lemon** zest and a squeeze of **lemon** juice.
- Taste and add more **salt**, **pepper** and **lemon** juice if needed.

TIP: Add a splash of water if you feel the sauce needs loosening.



Fry the Veg

- While the **pasta** cooks, place a pan over medium heat with a glug of **oil**.
- Once hot, add the **courgette** and season with **salt** and **pepper**.
- Cook until softened, 2-3 mins, then stir in the **garlic** and cook for 1 min more.
- Add the **spinach** a handful at a time and cook until wilted, 1-2 mins.
- Pop the cooked veg in a bowl and cover to keep warm.



Finish and Serve

- Serve heaping helpings of creamy **pasta** in bowls.
- Top with the rest of the **spinach** and **courgette**.
- Garnish with a sprinkling of the remaining **cheese**.

Enjoy!