



Roasted Pepper Rigatoni

with baby spinach and golden fried cheese

Veggie 40-45 mins

7



Grilling Cheese



Bell Pepper



Italian Herbs



Garlic



Chopped Tomato with Onion & Garlic



Hello Muscat



Dried Rigatoni



Baby Spinach

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

Aluminium foil, baking sheet with baking paper, colander

Ingredients

	2P	4P
Grilling Cheese	200 g	400 g
Bell Pepper	1 unit	2 units
Italian Herbs	½ sachet	1 sachet
Garlic	2 units	4 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Hello Muscat	1 sachet	2 sachets
Dried Rigatoni	180 g	360 g
Baby Spinach	120 g	240 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	543.5 g	100 g
Energy (kJ/kcal)	3276.1 kJ/ 783 kcal	602.8 kJ/ 144.1 kcal
Fat (g)	28.3 g	5.2 g
Sat. Fat (g)	17.1 g	3.1 g
Carbohydrate (g)	88.5 g	16.3 g
Sugars (g)	20.5 g	3.8 g
Protein (g)	42.5 g	7.8 g
Salt (g)	6 g	1.1 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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Cook the Pepper

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain the **cheese** and chop into 2cm chunks. Place in a bowl of cold **water** and leave to soak.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks, then pop onto a lined baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of the oven until tender and slightly charred, 20-25 mins.



Start the Sauce

- Return the pan to medium heat.
- Add the **chopped tomatoes**, **muscat** and **half** the **Italian herbs** (double for 4p).
- Mix in ½ tsp **sugar** and 75ml **water** (double both for 4p). Season with **salt** and **pepper** then bring to the boil.
- Lower the heat and gently simmer, stirring occasionally, until thickened, 10-12 mins.
- Once the **garlic** is roasted, allow to cool, then squeeze the flesh out of the skin. Mash with the back of a fork and stir into the sauce.



Roast the Garlic

- Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil.
- Drizzle in a little **oil** then scrunch to enclose.
- Halfway through the **pepper** roasting time, pop the **garlic** parcel onto the same baking tray.
- Roast until softened, 10-12 mins.



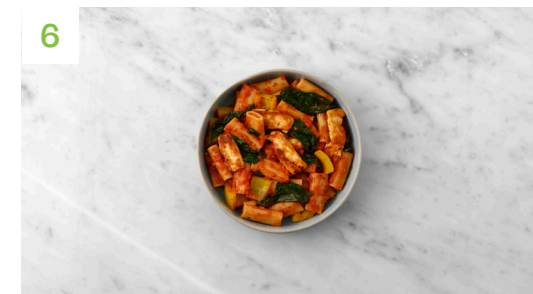
Make the Pasta

- While the sauce simmers, add the **rigatoni** to the pot of boiling **water** then bring back to the boil.
- Cook until softened, 12 mins.
- Once the **pepper** has roasted, stir it through the sauce along with the fried **cheese**.
- Add the **spinach** to the sauce, a handful at a time, stirring until wilted and piping hot, 1-2 mins.
- Season to taste with **salt**, **pepper** and **sugar**. Add a splash of **water** to loosen the sauce if you feel it's too thick.



Fry the Cheese

- Boil a large pot of **salted water** for the **pasta**.
- Meanwhile, remove the **cheese** from the **water** and pat dry with kitchen paper.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **cheese** until golden brown all over, turning regularly, 4-5 mins.
- Once cooked, remove from the pan and set aside.



Finish and Serve

- Once the **pasta** is cooked, drain in a colander and stir it through the sauce.
- Divide the roasted **pepper rigatoni** between bowls.

Enjoy!