



# Charred Courgette Rigatoni with pesto and cheese

Veggie Calorie Smart 20-25 mins

10



Garlic



Green Pesto



Grated Cheese



Courgette



Cherry Tomatoes



Dried Rigatoni



Passata



Parsley

Pantry Items: Salt, Pepper, Oil, Water, Sugar, Butter

## 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

## Ingredients

	2P	4P
Garlic	2 units	4 units
Green Pesto	1 sachet	2 sachets
Grated Cheese	50 g	100 g
Courgette	1 unit	2 units
Cherry Tomatoes	125 g	250 g
Dried Rigatoni	180 g	360 g
Passata	1 pack	2 packs
Parsley	5 g	10 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	428 g	100 g
Energy (kJ/kcal)	2577 kJ/ 616 kcal	602 kJ/ 144 kcal
Fat (g)	22 g	5.1 g
Sat. Fat (g)	7.4 g	1.7 g
Carbohydrate (g)	81.1 g	18.9 g
Sugars (g)	12.2 g	3 g
Protein (g)	24.5 g	5.7 g
Salt (g)	1.4 g	0.3 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

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.



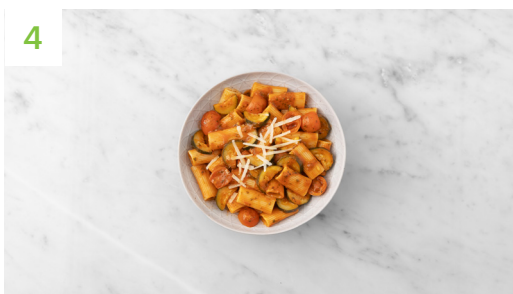
You can recycle me!



## Make the Pasta

- Boil a large pot of **salted water** for the **rigatoni**.
- When boiling, add the **rigatoni** to the **water** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot (off the heat).
- Drizzle with **oil** and stir through to prevent sticking.

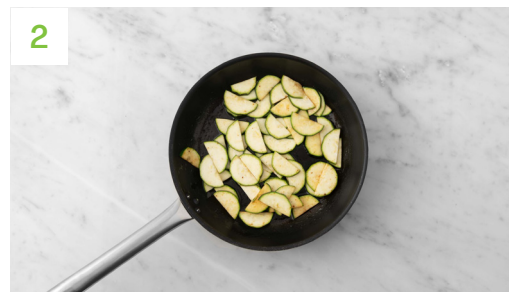
**TIP:** If you're in a hurry you can boil the water in your kettle.



## Garnish and Serve

- Divide the **cherry tomato rigatoni** between bowls.
- Garnish with **cheese**.

## Enjoy!



## Get Prepped

- Roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **cherry tomatoes**.
- Trim the **courgette**, halve lengthways then slice widthways into 1cm thick half-moons.
- Place a pan over high heat (without oil). When hot, cook the **courgette** until charred, 6-8 mins. Stir only every 1-2 mins so it picks up a nice colour. Once cooked, season with **salt** and **pepper**.



## Cook the Veg

- Add the **garlic** and **tomatoes** to the pan with a drizzle of **oil**. Fry until fragrant, 2-3 mins.
- Add 50ml **water**, ½ tsp **sugar** (double both for 4p) and **passata**.
- Simmer until **tomatoes** have softened and sauce has thickened, 4-5 mins. Stir through the **pesto**, **parsley** and a knob of **butter**.
- Season to taste with **salt**, **pepper** and **sugar**.
- Add the cooked **pasta** to the pan and carefully toss to coat.

**TIP:** Add a splash of water if the sauce is too thick.