



Roast Veg Rigatoni

with pomodoro sauce and Italian style cheese

Veggie Quick Cook 20-25 mins

8



Dried Rigatoni



Onion



Worcester Sauce



Garlic



Passata



Chives



Grated Italian Style Hard Cheese



Mushrooms



Tomato Paste



Carrot



Vegetable Stock

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



Rate your recipe!

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

Baking sheet with baking paper, colander, grater

Ingredients

	2P	4P
Dried Rigatoni	180 g	360 g
Onion	1 unit	2 units
Worcester Sauce	1 sachet	2 sachets
Garlic	2 units	4 units
Passata	1 pack	2 packs
Chives	5 g	10 g
Grated Italian Style Hard Cheese	25 g	50 g
Mushrooms	150 g	250 g
Tomato Paste	1 tin	2 tins
Carrot	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	466 g	100 g
Energy (kJ/kcal)	2188.2 kJ/ 523 kcal	469.6 kJ/ 112.2 kcal
Fat (g)	6.7 g	1.4 g
Sat. Fat (g)	3.1 g	0.7 g
Carbohydrate (g)	95.3 g	20.5 g
Sugars (g)	21.5 g	4.6 g
Protein (g)	22.5 g	4.8 g
Salt (g)	2 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.

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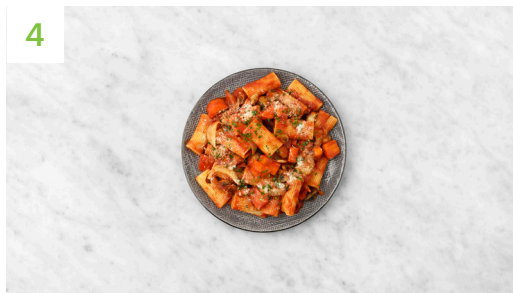


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Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a pot of **salted water** for the **rigatoni**.
- Halve and peel the **onion**. Cut each **half** into three wedges and separate the layers.
- Trim the **carrot** and halve lengthways. Chop widthways into 2cm chunks (no need to peel).
- Quarter the **mushrooms**. Halve any larger quarters.
- Spread the veg on a lined baking tray. Toss together with a drizzle of **oil**, **salt** and **pepper**. Roast until tender, 12-15 mins.



Garnish and Serve

- Add the roasted veg and **pasta** to the sauce.
- Cook, stirring, until coated and warmed through, 1 min.
- Divide the **pasta** between plates.
- Garnish with a sprinkling of **cheese** and **chives**.

Enjoy!



Cook the Pasta

- When the **water** is boiling, add the **rigatoni** 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.



Start the Sauce

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **chives** (use scissors if you prefer).
- Place a pan over medium heat with a drizzle of **oil**.
- Fry the **garlic** and **tomato paste** until fragrant, 1 min. Next add the **passata**, **stock powder**, **Worcester sauce**, 150ml **water** and ½ tsp **sugar** (double both for 4p).
- Simmer the sauce until thickened slightly, 5-6 mins. Season to taste with **salt**, **pepper** and **sugar**.