



Creamy Mozzarella Rigatoni

with courgette ribbons and fresh parsley

Family Veggie 40-45 mins

9



Courgette



Garlic



Onion



Chopped Tomatoes



Italian Herbs



Creme Fraiche



Mozzarella



Dried Rigatoni



Parsley



Balsamic Vinegar

Pantry Items: Oil, Salt, Pepper, Water, 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

Colander, grater, oven dish, peeler

Ingredients

	2P	4P
Courgette	1 unit	2 units
Garlic	1 unit	2 units
Onion	1 unit	2 units
Chopped Tomatoes	1 pack	2 packs
Italian Herbs	½ sachet	1 sachet
Creme Fraiche	110 g	220 g
Mozzarella	125 g	250 g
Dried Rigatoni	180 g	360 g
Parsley	5 g	10 g
Balsamic Vinegar	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	579.5 g	100 g
Energy (kJ/kcal)	3092 kJ/ 739 kcal	533.6 kJ/ 127.5 kcal
Fat (g)	29.2 g	5 g
Sat. Fat (g)	17 g	2.9 g
Carbohydrate (g)	89.5 g	15.4 g
Sugars (g)	17.6 g	3 g
Protein (g)	30.1 g	5.2 g
Salt (g)	1.9 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.

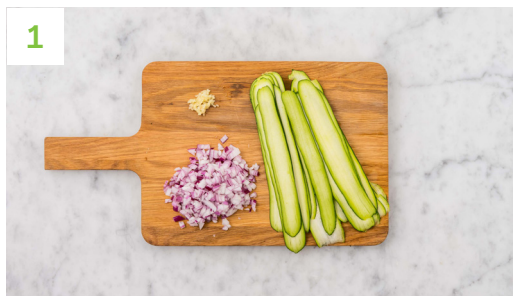
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1 Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **courgette**. Create long ribbons by running a peeler down the **courgette** lengthways.
- Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and chop the **onion** into small pieces.
- Roughly chop the **parsley** (stalks and all).



2 Start the Sauce

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion** and **garlic** until fragrant, stirring occasionally, 2-3 mins.
- Add **chopped tomatoes**, **creme fraiche**, **balsamic vinegar** and **half** the **Italian herbs** (double for 4p).
- Stir well and season with ½ tsp **sugar** (double for 4p), **salt** and **pepper**.
- Cook on low heat for 5 mins.

TIP: Loosen the sauce with a splash of water if it becomes too thick.



3 Arrange the Courgette

- Lay the **courgette** ribbons out flat, side by side, in the bottom of an oven dish (don't worry if they overlap a little).
- Drain and tear the **mozzarella** into small pieces.



4 Melt the Mozzarella

- Pour the sauce from the pan over the **courgette** ribbons.
- Arrange the **mozzarella** pieces on top.
- Season with **salt** and **pepper**.
- Bake in the oven until **mozzarella** is melted, 10-12 mins.



5 Make the Pasta

- Meanwhile, 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.



6 Finish and Serve

- Stir **half** the chopped **parsley** into the drained **rigatoni**. Season with **salt** and **pepper** and toss to combine.
- Divide the **pasta** between bowls or deep plates and spoon the **courgette** and creamy sauce over the top.
- Garnish with the remaining **parsley**.

Enjoy!