



# Creamy Courgette Rigatoni

with chives and Italian style cheese

Veggie Calorie Smart 25-30 mins

10



Onion



Garlic



Courgette



Chives



Lemon



Dried Rigatoni



Baby Spinach



Hello Muscat



Creme Fraiche



Grated Italian Style Hard Cheese

Pantry Items: Water, Oil, Salt, Pepper



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## 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
Crema Fraiche	110 g	220 g
Grated Italian Style Hard Cheese	25 g	50 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>390 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2414.2 kJ/ 577 kcal	619 kJ/ 147.9 kcal
Fat (g)	20.2 g	5.2 g
Sat. Fat (g)	11.3 g	2.9 g
Carbohydrate (g)	80.3 g	20.6 g
Sugars (g)	8.2 g	2.1 g
Protein (g)	21.9 g	5.6 g
Salt (g)	1.8 g	0.5 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**. Simmer until reduced by **half**, stirring to dissolve the muscat, 3-4 mins.
- Stir in the **crema 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 bring back to the boil.
- Simmer until softened, 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 with **oil** and stir through to prevent sticking.



## Add the Pasta

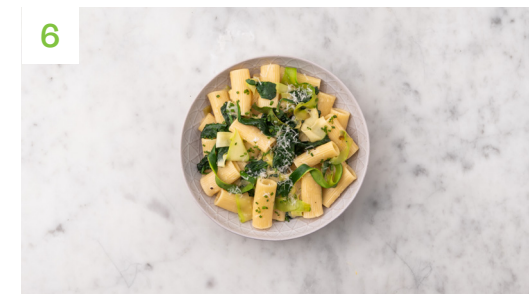
- Add the **pasta** to the sauce along with **half** the veg.
- Stir until everything is well coated and warmed through, 30 secs.
- Add a pinch of **lemon** zest and a squeeze of **lemon** juice.
- Taste and add more **salt**, **pepper** and **lemon** juice if needed.

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



## Soften 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.
- 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 remaining **spinach** and **courgette**.
- Garnish with a sprinkling of the remaining **cheese**.

Enjoy!