



# Speedy Pepper and Harissa Rigatoni with spicy pangrattato

Veggie Quick Cook 20-25 mins • Spicy

21



Bell Pepper



Vegetable Stock



Mozzarella



Dried Rigatoni



Creme Fraiche



Passata



Cherry Tomatoes



Harissa Paste



Onion



Harissa Spice Mix



Honey



Breadcrumbs

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



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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, pan with lid

## Ingredients

	2P	4P
Bell Pepper	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Mozzarella	125 g	250 g
Dried Rigatoni	180 g	360 g
Crema Fraiche	110 g	220 g
Passata	1 pack	2 packs
Cherry Tomatoes	125 g	250 g
Harissa Paste	1 sachet	2 sachets
Onion	2 units	4 units
Harissa Spice Mix	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Breadcrumbs	1 pack	1 pack

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	566.5 g	100 g
Energy (kJ/kcal)	3644.3 kJ/ 871 kcal	643.3 kJ/ 153.8 kcal
Fat (g)	32.3 g	5.7 g
Sat. Fat (g)	17.2 g	3 g
Carbohydrate (g)	112 g	18.5 g
Sugars (g)	22.8 g	4 g
Protein (g)	30.6 g	5.4 g
Salt (g)	3.7 g	0.6 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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### Cook 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.



### Get Prepped

- Halve, peel and thinly slice the **onion**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Halve the **cherry tomatoes**.



### Make the Pangrattato

- Place a pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **breadcrumbs** and **half the harissa spice mix**.
- Fry until crispy, 2-3 mins. Season to taste with **salt** and **pepper**.
- Remove from the pan and set aside.



### Soften the Veg

- Wipe and return the pan to medium-high heat with another drizzle of **oil**.
- Once hot, fry the **onion** and **bell pepper** until softened, stirring occasionally, 4-5 mins.
- Season with **salt** and **pepper**.
- Add the **cherry tomatoes** and cook until softened, another 4-5 mins.



### Simmer the Sauce

- Add the **passata**, **creme fraiche**, **stock powder**, ½ tsp **sugar**, 50ml **water** (double both for 4p) and remaining **harissa spice mix**.
- Cover and simmer for 4-5 mins.
- Stir through the **harissa paste**, **honey** and a knob of **butter**. Add a splash of **water** if the sauce is too thick.
- Mix in the cooked and drained **pasta**.
- Season to taste with **salt**, **pepper** and **sugar**.



### Finish and Serve

- Divide the spicy **pepper pasta** between bowls.
- Drain and tear the **mozzarella**, then scatter it over the top.
- Top with the crunchy flavoured **breadcrumbs**.

Enjoy!