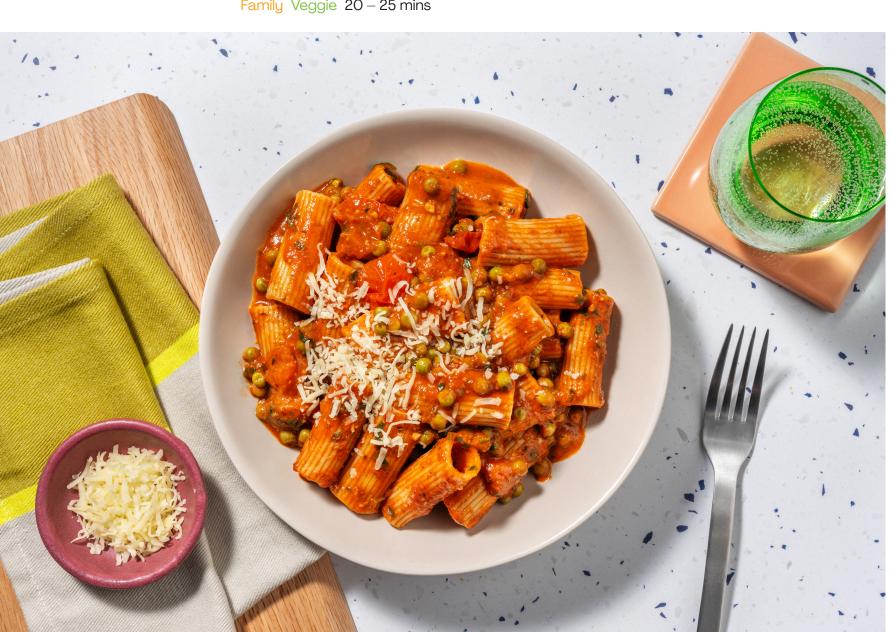


Charred Cherry Tomato Rigatoni

with pesto sauce and cheese

Family Veggie 20 – 25 mins















Dried Rigatoni











Grated Cheese



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, grater

Ingredients

	2P	4P
Garlic	2 units	4 units
Green Pesto	1 sachet	2 sachets
Cherry Tomatoes	125 g	250 g
Dried Rigatoni	180 g	360 g
Passata	1 pack	2 packs
Parsley	5 g	10 g
Peas	120 g	240 g
Grated Cheese	50 g	100 g
Pine Nuts	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	378 g	100 g
Energy (kJ/kcal)	2924.6 kJ/ 699 kcal	773.7 kJ/ 184.9 kcal
Fat (g)	24.2 g	6.4 g
Sat. Fat (g)	7.6 g	2 g
Carbohydrate (g)	89.9 g	23.8 g
Sugars (g)	17.7 g	4.7 g
Protein (g)	25.8 g	6.8 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.

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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.
- Finish with a sprinkling of cheese and a scattering of toasted pine nuts.

Enjoy!



Get Prepped

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Halve the cherry tomatoes.
- Place a large pan over medium heat (no oil).
- Once hot, dry-fry the pine nuts, stirring regularly, until lightly toasted, 2-3 mins. Remove from the pan and set aside.



Cook the Veg

- · Return the pan to high heat with a drizzle of oil.
- When hot, fry the garlic and tomatoes until fragrant, 2-3 mins. Then add passata, peas,
 50ml water and ½ tsp sugar (double both for 4p).
- Simmer until **tomatoes** have softened and sauce is thickened, 4-5 mins.
- Stir through the pesto, parsley and a knob of butter. Season to taste with salt, pepper and sugar.
- Toss cooked **pasta** through the sauce.

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