



Creamy Courgette Rigatoni

with chilli flakes and Italian style cheese

25 – 30 mins • Veggie • Optional spice

10



Onion



Garlic



Courgette



Lemon



Dried Rigatoni



Baby Spinach



Creme Fraiche



Grated Italian Style Hard Cheese



Stock



Dried Chilli Flakes

Pantry Items: Water, Oil, Salt, Pepper



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, zester

Ingredients

| | 2P | 4P |
|----------------------------------|----------|-----------|
| Onion | ½ unit | 1 unit |
| Garlic | 2 units | 4 units |
| Courgette | 1 unit | 2 units |
| Lemon | ½ unit | 1 unit |
| Dried Rigatoni | 180 g | 360 g |
| Baby Spinach | 120 g | 240 g |
| Crema Fraiche | 110 g | 220 g |
| Grated Italian Style Hard Cheese | 2 units | 4 units |
| Stock | 1 sachet | 2 sachets |
| Dried Chilli Flakes | 1 sachet | 2 sachets |

Nutrition

| | Per serving | Per 100g |
|--------------------------|------------------------|-------------------------|
| for uncooked ingredients | 398 g | 100 g |
| Energy (kJ/kcal) | 2573.2 kJ/ 615 kcal | 646.5 kJ/ 154.5 kcal |
| Fat (g) | 22.8 g | 5.7 g |
| Sat. Fat (g) | 13 g | 3.3 g |
| Carbohydrate (g) | 80.7 g | 20.3 g |
| Sugars (g) | 8.5 g | 2.1 g |
| Protein (g) | 24.8 g | 6.2 g |
| Salt (g) | 1.7 g | 0.4 g |

Nutrition for uncooked ingredients based on 2 person recipe.

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.

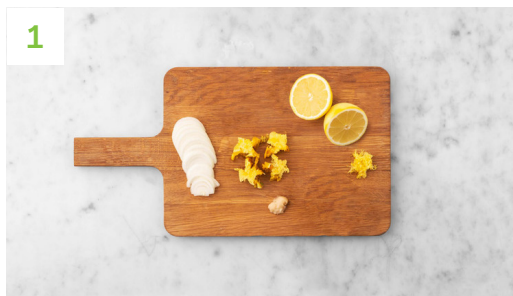
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Get Prepped

- Boil a large pot of **salted water** for the **rigatoni**.
- Halve and peel the **onion**. Thinly slice **half an onion** (per 2P).
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **courgette** and quarter lengthways. Chop widthways into small pieces.
- Zest **half a lemon** (per 2P). Cut into quarters.

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 **stock** and reserved **pasta water**. Simmer until thickened slightly, 2-3 mins.
- Stir in the **crema fraiche** and cook until piping hot, then season with a pinch of **pepper**.



Cook the Rigatoni

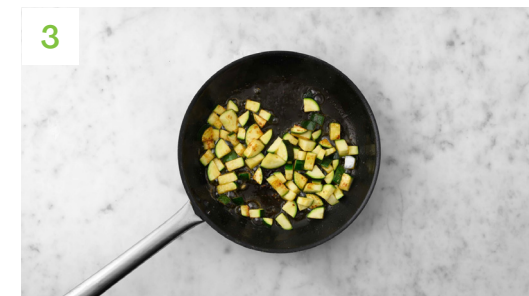
- Add the **rigatoni** to the boiling **water** and bring back to the boil.
- Simmer until softened, 10-12 mins.
- When ready, reserve 50ml of the **pasta water** (per 2P), then drain the **pasta** in a colander.
- Return the **rigatoni** to the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.



Add the Pasta

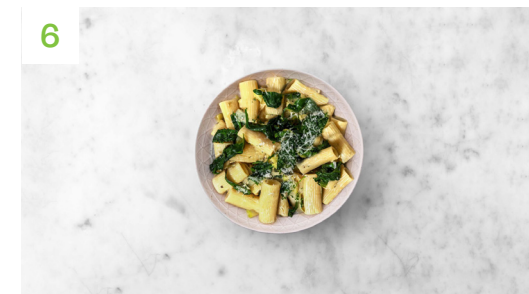
- Add the **pasta** to the sauce along with the veg.
- Stir until everything is well coated and warmed through, 30 secs.
- Add a pinch of **lemon** zest and **lemon** juice to taste.
- Taste and add more **salt**, **pepper** and **lemon** juice if needed.

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, 4-5 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. Season to taste with **salt** and **pepper**.
- Pop the cooked veg in a bowl and cover to keep warm.



Finish and Serve

- Serve heaping helpings of creamy **pasta** in bowls.
- Garnish with a sprinkling of **cheese** and a scattering of **chilli flakes** (use less if you don't like spice).

Enjoy!