



Herby Creamy Rigatoni

with Garlicky Greens and Crème Fraîche

CLASSIC 25 Minutes • 1.5 of your 5 a day • Veggie



Echalion Shallot



Garlic Clove



Courgette



Chives



Flat Leaf Parsley



Lemon



Rigatoni



Cavolo Nero



Vegetable Stock Powder



Crème Fraîche



Grated Italian Style Hard Cheese

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Peeler, Colander and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|---|-------------|--------------|-------------|
| Echalion Shallot** | 1 | 1 | 2 |
| Garlic Clove** | 2 cloves | 3 cloves | 4 cloves |
| Courgette** | 1 | 2 | 2 |
| Chives** | 1 bunch | 1 bunch | 1 bunch |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Lemon** | ½ | 1 | 1 |
| Rigatoni 13 | 200g | 300g | 400g |
| Cavolo Nero** | 1 small bag | 1 medium bag | 1 large bag |
| Vegetable Stock Powder 10 | 1 sachet | 2 sachets | 2 sachets |
| Water for the Sauce* | 100ml | 150ml | 200ml |
| Crème Fraîche 7 ** | 150g | 225g | 300g |
| Grated Italian Style Hard Cheese 7 8 ** | 1 pack | 1½ packs | 2 packs |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 434g | 100g |
| Energy (kJ/kcal) | 2964 /709 | 684 /164 |
| Fat (g) | 30 | 7 |
| Sat. Fat (g) | 14 | 3 |
| Carbohydrate (g) | 89 | 21 |
| Sugars (g) | 14 | 3 |
| Protein (g) | 28 | 7 |
| Salt (g) | 1.17 | 0.27 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **10**) Celery **13**) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Prep Time!

Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the pasta. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Pull a vegetable peeler lengthways along the **courgette** to make ribbons (see picture). Finely chop both the **chives** and **parsley** (stalks and all). Zest and halve the **lemon**.



4. Make the Sauce

Put your frying pan back on medium heat with a splash of **oil** and add the **shallot**. Cook until softened, stirring occasionally, 4-5 mins, then add the **stock powder** and **water** (amount specified in the ingredient list). Stir to dissolve the **stock powder**, then simmer until reduced by half, 3-4 mins. Stir in the **crème fraîche**, heat through until piping hot, then season with **pepper**. Stir through the **herbs** and **three quarters** of the **grated hard Italian cheese**.



2. Cook the Pasta

Add the **rigatoni** to the pan of boiling **water** and simmer until cooked, 12 mins. When ready, drain in a colander, return to the pan and drizzle over some **oil** to stop it sticking together.



5. Combine!

Add the **pasta** to your **sauce** along with **half** the **greens**, stir everything together. **TIP: If the sauce needs loosening up, just add a splash of water.** Add a pinch of **lemon zest** and a squeeze of **lemon juice**. Taste and add more **lemon juice, salt** and **pepper** if you like things zingy!



3. Stir-Fry the Greens

Meanwhile, heat a glug of **oil** in a frying pan on medium heat. Once hot, add the **courgette** and **cavolo nero**. Season with **salt** and **pepper** and stir-fry until soft, 4-5 mins. Add the **garlic**, mix well and cook for 1 minute more. Pop the **greens** in a mixing bowl and cover with some foil to keep warm.



6. Finish and Serve

Serve the **creamy pasta** in bowls with the remaining **greens** on top and a sprinkling of the remaining **hard Italian cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.