



Creamy Rigatoni

with Garlicky Greens and Mascarpone



HELLO COURGETTE

The world's largest courgette was grown in Devon and weighed in at 65lbs!



Echalion Shallot



Garlic Clove



Courgette



Flat Leaf Parsley



Basil



Rigatoni



Rainbow Chard and Kale Mix



Vegetable Stock Pot



Mascarpone Cheese



Hard Italian Cheese



Lemon

MEAL BAG

25 mins

2.5 of your 5 a day

Veggie

Wilted dark greens combined with a hearty portion of creamy garlicky pasta make this recipe a seriously satisfying weeknight supper. If you feel the creamy sauce is a little too thick, add a bit of the starchy pasta water to loosen up the consistency. The salty, starchy water not only adds flavour but helps the sauce cling to the rigatoni (this is a great trick that works for all pasta sauces). Buon appetito!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater, Peeler, Colander, Frying Pan, Mixing Bowl**, some **Foil** and a **Measuring Jug**. Now, let's get cooking!



1 PREP TIME!

Put a large saucepan of **water** with a pinch 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 **parsley** and the **basil** (stalks and all).



2 COOK THE PASTA

Add the **rigatoni** to the pan of boiling **water** and cook for 11-12 mins or until 'al dente'. **★ TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. When ready, drain in a colander, reserving a little of the starchy **pasta water** for later and return to the pan and drizzle over some **oil** to stop it sticking together.



3 STIR-FRY THE GREENS

Meanwhile, heat a glug of **oil** in a frying pan on medium heat. Once hot, add the **courgette** and **rainbow chard and kale mix**. Add a pinch of **salt** and **pepper** and stir-fry until soft, 4 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.



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 pot** and **water** (amount specified in the ingredient list). Stir to dissolve the **stock pot**, then simmer until reduced by half, 3-4 mins. Tip in the **mascarpone**, heat through until piping hot, then season with **pepper**. Stir through the **herbs** and **half** the **hard Italian cheese**.



5 COMBINE!

Add the **pasta** to your **sauce** and stir everything together. **★ TIP:** If you feel the sauce is a little stiff, just add a splash of the reserved pasta water. **Zest** the **lemon** and add a **pinch** of **zest** and a squeeze of **lemon juice** to the pan. Taste and add more **lemon juice** if you like things zingy!



6 FINISH AND SERVE

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

2 PEOPLE INGREDIENTS

Echalion Shallot, sliced	1
Garlic Clove, grated	1
Courgette, ribbons	1
Flat Leaf Parsley, chopped	1 small bunch
Basil, chopped	1 bunch
Rigatoni ¹³⁾	200g
Rainbow Chard and Kale Mix	½ bag
Vegetable Stock Pot ^{10) 14)}	½
Water*	100ml
Mascarpone Cheese ⁷⁾	½ pot
Hard Italian Cheese ⁷⁾	40g
Lemon	½

*Not Included

NUTRITION UNCOOKED INGREDIENT	PER SERVING	
	427G	PER 100G
Energy (kcal)	729	171
(kJ)	3054	715
Fat (g)	33	8
Sat. Fat (g)	22	5
Carbohydrate (g)	78	18
Sugars (g)	10	2
Protein (g)	28	7
Salt (g)	1.74	0.41

ALLERGENS

⁷⁾ Milk ¹⁰⁾ Celery ¹³⁾ Gluten ¹⁴⁾ Sulphites

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains **Sulphites**], Stabiliser [Tara Gum], **Celery Salt**, **Celery Powder**, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

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

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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