



# Creamy Rigatoni

with Garlicky Greens and Crème Fraîche

**Classic** 25 Minutes • 1.5 of your 5 a day • Veggie

18



Echalion Shallot



Garlic Clove



Courgette



Chives



Lemon



Rigatoni



Rainbow Chard



Vegetable Stock Powder



Crème Fraîche



Grated Hard Italian Style Cheese

## Before you start

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

## Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Vegetable Peeler, Colander, Frying Pan and Mixing Bowl.

## Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Courgette**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Rigatoni <b>13</b>	200g	300g	400g
Pasta Water*	50ml	75ml	100ml
Rainbow Chard**	1 pack	2 pack	2 pack
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachet	2 sachet
Crème Fraîche <b>7)</b> **	150g	225g	300g
Grated Hard Italian Style Cheese <b>7) 8)</b> **	1 pack	2 packs	2 packs

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>452g</b>	<b>100g</b>
Energy (kJ/kcal)	2950 /705	653 /156
Fat (g)	29	6
Sat. Fat (g)	14	3
Carbohydrate (g)	90	20
Sugars (g)	14	3
Protein (g)	28	6
Salt (g)	1.56	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## 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 the **chives** (use scissors if you prefer). Zest and halve the **lemon**.



## 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 **reserved pasta water** (see ingredients list for amount). 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 **chives** and **three quarters** of the **grated hard Italian style cheese**.



## Cook the Pasta

Add the **rigatoni** to the pan of boiling **water** and simmer until cooked, 12 mins. When ready, reserve some of the **pasta cooking water** (see ingredients for amount), then drain in a colander, return to the pan and drizzle over some **oil** to stop it sticking together.



## 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!



## Stir-Fry the Greens

Meanwhile, heat a glug of **oil** in a frying pan on medium heat. Once hot, add the **rainbow chard**. Season with **salt** and **pepper** and stir-fry until starting to soften, 3-4 mins. Add the **courgette** and **garlic**, mix well and cook for 2-3 mins more. Pop the **greens** in a mixing bowl and cover with some foil to keep warm.



## Finish and Serve

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