



Creamy Rigatoni

with Garlicky Greens and Creme Fraiche

Classic 25 Minutes • 1 of your 5 a day

20



Shallot



Garlic Clove



Courgette



Chives



Lemon



Rigatoni
Pasta



Baby Spinach



Vegetable Stock
Powder



Creme Fraiche



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, Cutting Board, Knife, Garlic Press, Colander, Vegetable Peeler, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Shallot**	1	1	2
Garlic Clove	2	3	4
Courgette**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Rigatoni Pasta 13)	200g	300g	400g
Reserved Pasta Water*	50ml	75ml	100ml
Baby Spinach**	100g	150g	200g
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Creme Fraiche 7) **	150g	225g	300g
Grated Hard Italian Style Cheese 7) 8) **	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	427g	100g
Energy (kJ/kcal)	2922 / 698	684 / 163
Fat (g)	29	7
Sat. Fat (g)	14	3
Carbohydrate (g)	88	21
Sugars (g)	13	3
Protein (g)	27	6
Salt (g)	1.20	0.28

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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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 want). 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 **water** (see ingredients list for amount). Stir to dissolve the **stock powder**, then simmer until reduced by half, 3-4 mins. Stir in the **creme fraiche**, 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 **courgette** and season with **salt** and **pepper**. Cook until softened, 2-3 mins, then stir in the **garlic** and cook for 1 minute more. Add the **spinach** a handful at a time and cook until wilted, 1-2 mins. 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.