



Creamy Rigatoni with Garlicky Greens and Crème Fraîche

Classic 25 Minutes • 1.5 of your 5 a day

N° 21



Echalion Shallot



Garlic Clove



Courgette



Chives



Lemon



Rigatoni



Rainbow Chard



Vegetable
Stock Powder



Crème Fraîche



Grated Hard Italian
Style Cheese



Vivera Plant
'Chicken'
Pieces



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Cooking tools, you will need:

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

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 13)	200g	300g	400g
Water for the Sauce*	50ml	75ml	100ml
Rainbow Chard**	1 pack	2 packs	2 packs
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Crème Fraîche 7)**	150g	225g	300g
Grated Italian Style Hard Cheese 7) 8)**	1 pack	2 packs	2 packs
 Viverra Plant 'Chicken' Pieces 11) 13)**	1 pack	1½ packs	2 packs

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	452g	100g
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
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	590g	100g
Energy (kJ/kcal)	3393/811	576/138
Fat (g)	29	5
Sat. Fat (g)	14	2
Carbohydrate (g)	96	16
Sugars (g)	14	2
Protein (g)	45	8
Salt (g)	2.86	0.49

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, Soy, Gluten & Sulphites.

HelloFresh UK

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. 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 **reserved 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**.

CUSTOM RECIPE

If you've added **veggie Viverra plant 'chicken'** to your meal, before adding the **shallot** to the pan, add the **veggie 'chicken'** and stir until golden on the outside, 4-5 mins. Add the **shallot** to the pan with the **'chicken'** and continue with the recipe as instructed.



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!