



Cacio e Pepe

with charred courgette and marinated tomatoes

Veggie Quick Cook 20-25 mins

8



Dried Linguine



Courgette



Grated Italian Style Hard Cheese



Pine Nuts



Rocket



Tomato



Mustard



Balsamic Glaze



Creme Fraiche



Hello Muscat



Pantry Items: Salt, Pepper, Oil, Water

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander

Ingredients

	2P	4P
Dried Linguine	180 g	360 g
Courgette	1 unit	2 units
Grated Italian Style Hard Cheese	50 g	100 g
Pine Nuts	10 g	20 g
Rocket	40 g	80 g
Tomato	2 units	4 units
Mustard	1 sachet	2 sachets
Balsamic Glaze	1 sachet	2 sachets
Creme Fraiche	125 g	250 g
Hello Muscat	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	404.5 g	100 g
Energy (kJ/kcal)	2797kJ/ 669 kcal	692 kJ/ 165 kcal
Fat (g)	28.2 g	7 g
Sat. Fat (g)	15.2 g	3.7 g
Carbohydrate (g)	80.3 g	19.7 g
Sugars (g)	14.3 g	3.3 g
Protein (g)	25.4 g	6.3 g
Salt (g)	2 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Cook the Pasta

- Boil a large pot of **salted water** for the **pasta**.
- When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until softened, 12 mins.
- Once cooked, reserve a cup of the **pasta water** then drain the **pasta** in a colander.
- Pop back in the pot, off the heat, drizzle with **oil** and stir through to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.



Char the Courgette

- Place a large pan over medium heat (without oil).
- Once hot, add the **pine nuts** and dry-fry, stirring, until lightly toasted, 2-3 mins. Transfer from the pan.
- Return the pan to medium-high heat (without oil).
- When hot, add the **courgette** and cook until charred, 6-8 mins. Stir only every so often—this will allow the **courgette** to pick up a nice colour.
- Season with **salt** and **pepper**.

TIP: Watch the pine nuts like a hawk—they can burn easily.



Get Prepped

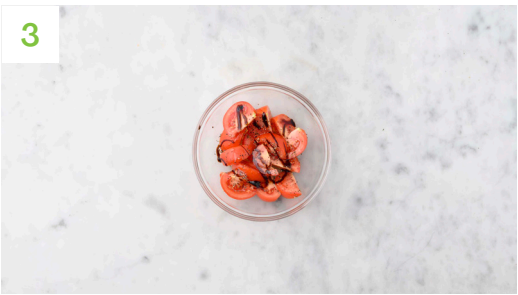
- Meanwhile, trim the **courgette** then quarter lengthways. Chop into 1cm chunks.
- Cut the **tomato** into wedges.
- In a bowl mix together the **creme fraiche**, **mustard** (if you're cooking for kids, you can use less mustard to reduce the heat), **cheese**, **muscat** and 2 tsp cracked **black pepper** (double for 4p).

TIP: Don't be shy with the pepper—this is the star of the dish!



Add the Linguine

- Remove the pan from the heat.
- Add the **creme fraiche** mixture to the pan, loosening with the reserved **pasta water** if necessary.
- Add the drained **linguine** and toss to coat in the sauce.
- Season to taste with **salt** and **pepper**.



Start the Salad

- In a separate large bowl, mix together the **balsamic glaze** and 1 tbsp **oil** (double for 4p).
- Season to taste with **salt** and **pepper**.
- Toss the **tomato** in the dressing and leave to marinate.



Finish and Serve

- Plate up a bed of **salad leaves** and top with a hearty helping of cacio e pepe.
- Garnish with a scattering of toasted **pine nuts**.
- Serve with the marinated **tomatoes** on the side.

Enjoy!