



# 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
Crema 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)	2799.1 kJ/ 669 kcal	692 kJ/ 165.4 kcal
Fat (g)	28.2 g	7 g
Sat. Fat (g)	15.2 g	3.8 g
Carbohydrate (g)	80.3 g	19.9 g
Sugars (g)	14.3 g	3.5 g
Protein (g)	26 g	6.4 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

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### 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 **linguine** in a colander.
- Pop back in the pot, off the heat, drizzle with **oil** and stir through to prevent sticking.

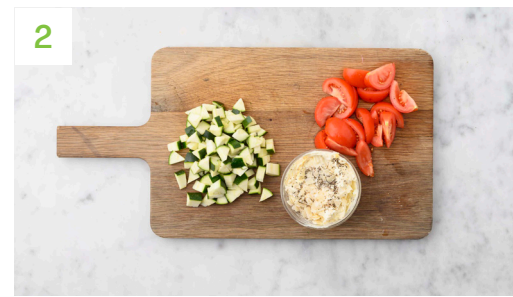
**TIP:** If you're in a hurry you can boil the water in your kettle.



### Char the Courgette

- Place a large pan over medium heat (no oil).
- Once hot, add the **pine nuts** and cook, stirring, until lightly toasted, 2-3 mins. Remove from the pan.
- Return the pan to medium-high heat (no oil).
- When hot, cook the **courgette** 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** and remove pan from heat.

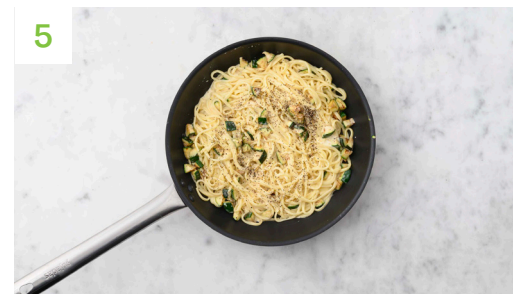
**TIP:** Watch the pine nuts like a hawk—they can burn easily.



### Get Prepped

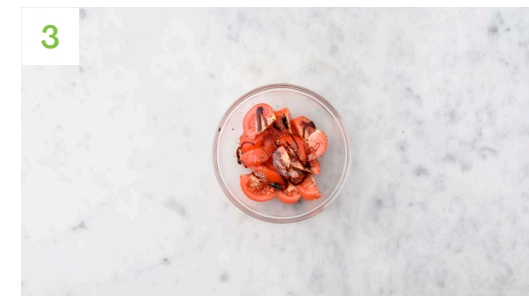
- Meanwhile, trim the **courgette** then quarter lengthways. Chop into 1cm chunks.
- Cut the **tomato** into wedges.
- In a bowl, mix together the **creme fraiche**, **mustard** (if you're cooking for kids, you can use less **mustard** to reduce the heat), **cheese**, **muscat** and 2 tsp cracked **black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

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



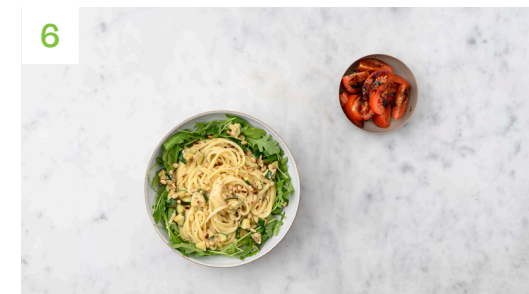
### Add the Linguine

- Pour the **creme fraiche** mixture into the pan (loosen 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 aside 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!