



Creamy Green Bean Rigatoni

with cherry tomatoes and parsley

Veggie Calorie Smart 25-30 mins

10



Onion



Green Beans



Cherry Tomatoes



Lemon



Garlic



Parsley



Dried Rigatoni



Courgette



Hello Muscat



Creme Fraiche



Grated Italian Style Hard Cheese

Pantry Items: Oil, Salt, Pepper, Water



Rate your recipe!

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, grater, pan with lid, peeler

Ingredients

	2P	4P
Onion	1 unit	2 units
Green Beans	150 g	300 g
Cherry Tomatoes	125 g	250 g
Lemon	1 unit	2 units
Garlic	1 unit	2 units
Parsley	5 g	10 g
Dried Rigatoni	180 g	360 g
Courgette	1 unit	2 units
Hello Muscat	1 sachet	2 sachets
Creme Fraiche	110 g	220 g
Grated Italian Style Hard Cheese	25 g	50 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	517.5 g	100 g
Energy (kJ/kcal)	2564.8 kJ/ 613 kcal	495.6 kJ/ 118.5 kcal
Fat (g)	20.2 g	3.9 g
Sat. Fat (g)	11.3 g	2.2 g
Carbohydrate (g)	90.9 g	17.6 g
Sugars (g)	13.6 g	2.6 g
Protein (g)	22.7 g	4.4 g
Salt (g)	1.6 g	0.3 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.

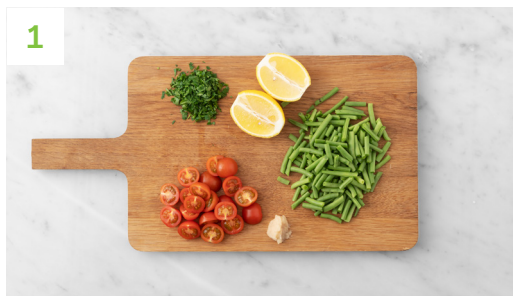
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Get Prepped

- Boil a large pot of **salted water** for the **pasta**.
- Trim the **green beans** then chop into thirds.
- Halve the **tomatoes**. Halve the **lemon**.
- Finely chop the **parsley** (stalks and all). Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



Make the Courgette Ribbons

- Meanwhile, trim the **courgette**. Run a peeler lengthways along the sides to create ribbons.
- Pop the ribbons into a bowl and leave aside.
- Add a squeeze of **lemon** juice to a separate bowl along with drizzle of **oil**, and a pinch of **salt** and **pepper**.
- Mix together and leave aside.



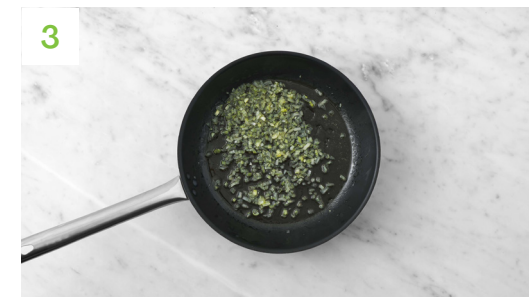
Cook the Pasta

- Add the **rigatoni** to the boiling **water** and simmer until softened, 12 mins.
- Drain the **pasta** in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.



Simmer the Sauce

- Once the **onion** is softened, add the **garlic** and cook until fragrant, 1 min.
- Add 75ml **water** (double for 4p) along with the **muscat**.
- Simmer until the mixture is reduced by a third, 5-6 mins.
- Add the **green beans** and **tomatoes**. Cover the pan and cook until **green beans** are tender and **tomatoes** are softened, 3-4 mins.
- Stir in the **creme fraiche**. Bring to the boil then lower the heat and simmer for 4-5 mins. Season to taste with **salt** and **pepper**.



Soften the Onion

- While the **pasta** cooks, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion** until softened, 5-6 mins.



Stir and Serve

- Stir the drained **pasta** through the sauce, adding a splash of **water** if it's too thick.
- Once warmed through, remove from the heat.
- Stir in the **parsley** and **cheese**. Taste and add **salt** and **pepper** if you feel it needs it.
- Add the **courgette** ribbons to the **lemon** dressing and toss together.
- Serve the creamy **rigatoni** in bowls with the fresh **courgette** salad on the side.

Enjoy!