



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

Pantry Items: Salt, Pepper, Oil, Water

Before you start

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

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	402 g	100 g
Energy (kJ/kcal)	3083.8 kJ/ 737 kcal	767.1 kJ/ 183.3 kcal
Fat (g)	36.8 g	9.1 g
Sat. Fat (g)	21.1 g	5.2 g
Carbohydrate (g)	74.7 g	18.6 g
Sugars (g)	12.5 g	3.1 g
Protein (g)	24.8 g	6.2 g
Salt (g)	0.7 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.



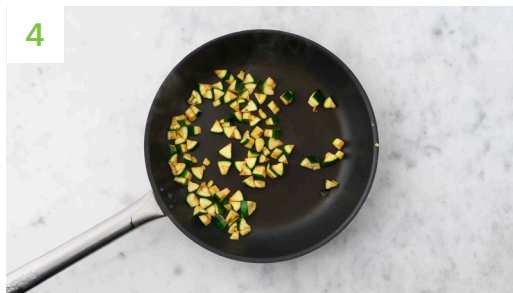
You can recycle me!



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 ½ cup of the **pasta water**, then drain the **pasta** in a colander and pop back in the pot.
- Drizzle with **oil** and stir through to stop it sticking together.

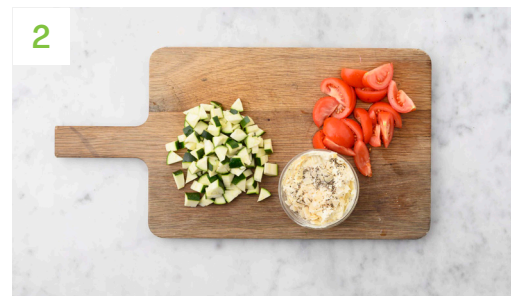
TIP: If you're in a hurry you can boil the water in your kettle.



Char the Courgette

- Place a large pan over medium heat (no oil).
- Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. Transfer from the pan.
- Return the pan to a medium-high heat (no oil).
- When hot, add the **courgette** and cook until charred, 6-8 mins. Turn only every few minutes—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

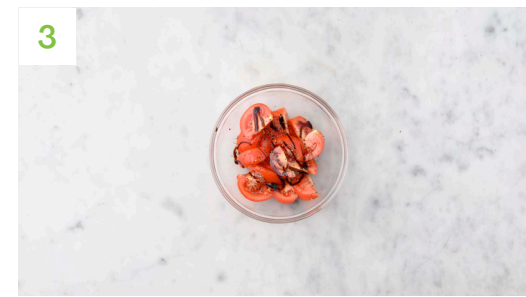
- Trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.
- Cut the **tomato** into wedges.
- In a medium bowl mix together the **crema fraiche**, **mustard**, **cheese** and 2 tsp cracked **black pepper** (double for 4p).

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



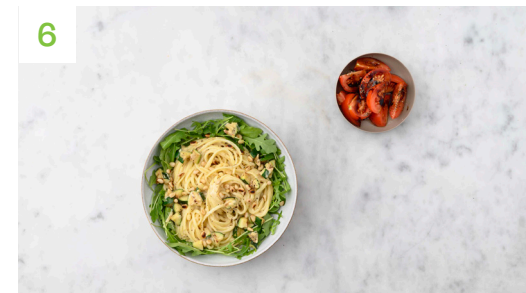
Add the Linguine

- Remove the pan from the heat.
- Add the drained **linguine** and **crema fraiche** mixture to the **courgettes**.
- Loosen the sauce with the reserved **pasta water** if necessary.
- Season to taste with **salt** and **pepper**.



Start the Salad

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



Finish and Serve

- Plate up a bed of **rocket** and top with a helping of **cacio e pepe**.
- Scatter the toasted **pine nuts** over the top.
- Serve with the marinated **tomatoes** on the side.

Enjoy!