



Courgette and Cherry Tomato Rigatoni

with pesto and Italian style cheese

Veggie Quick Cook 20-25 mins

8



Garlic



Italian Herbs



Green Pesto



Grated Italian Style Hard Cheese



Courgette



Cherry Tomatoes



Dried Rigatoni



Balsamic Vinegar

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

Grater, Colander

Ingredients

	2P	4P
Garlic	1 unit	2 units
Italian Herbs	1 sachet	2 sachets
Green Pesto	1 sachet	2 sachets
Grated Italian Style Hard Cheese	25 g	50 g
Courgette	1 unit	2 units
Cherry Tomatoes	125 g	250 g
Dried Rigatoni	180 g	360 g
Balsamic Vinegar	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	310.5 g	100 g
Energy (kJ/kcal)	2163.5 kJ/ 517.1 kcal	696.8 kJ/ 166.5 kcal
Fat (g)	15.9 g	5.1 g
Sat. Fat (g)	3.8 g	1.2 g
Carbohydrate (g)	72.3 g	23.3 g
Sugars (g)	8.2 g	2.6 g
Protein (g)	19.6 g	6.3 g
Salt (g)	1.3 g	0.4 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?
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Make the Pasta

- Boil a large pot of **salted water** for the **rigatoni**.
- When boiling, add the **rigatoni** to the pot and bring back to the boil.
- Cook until softened, 12 mins. Once cooked, drain 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.



Dish Up

- Divide the **rigatoni** and veg between bowls.
- Garnish with the remaining **cheese**.

Enjoy!



Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Trim the **courgette** then halve lengthways. Slice widthways into 1cm thick pieces.
- In a small bowl, mix the **garlic** with 2 tbsp **oil** (double for 4p), **Italian herbs** and **courgette**.
- Halve the **tomatoes** and mix with the **pesto** in a separate small bowl.



Cook the Veg

- Place a pan (without oil) over a medium heat.
- Fry the **courgette** for 1 min.
- Add the **tomatoes** and cook for 4-5 mins, until softened.
- Add the **balsamic vinegar**, cooked **rigatoni** and half the **cheese** to the pan.
- Stir, turn off the heat and season to taste with **salt** and **pepper**.