



Mushroom Rigatoni with pesto sauce and parsley

Veggie Quick Cook 20-25 mins

8



Grated Italian
Style Hard Cheese



Dried Rigatoni



Onion



Mushrooms



Green Pesto



Creme Fraiche



Parsley

Before you start

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

Cooking tools you will need

Colander

Ingredients

	2P	4P
Grated Italian Style Hard Cheese	25 g	50 g
Dried Rigatoni	180 g	360 g
Onion	1 unit	2 units
Mushrooms	250 g	500 g
Green Pesto	1 sachet	2 sachets
Creme Fraiche	125 g	250 g
Parsley	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	330 g	100 g
Energy (kJ/kcal)	2202.8 kJ/ 761 kcal	667.5 kJ/ 204 kcal
Fat (g)	15.5 g	4.7 g
Sat. Fat (g)	3.8 g	1.1 g
Carbohydrate (g)	76.3 g	23.1 g
Sugars (g)	8.6 g	2.6 g
Protein (g)	20.8 g	6.3 g
Salt (g)	0.8 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

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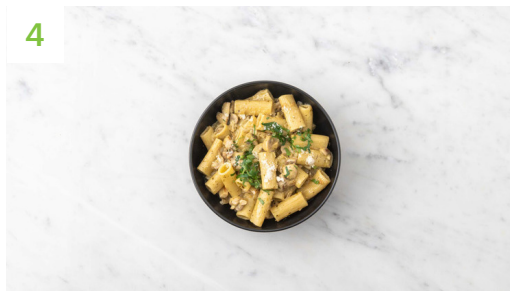
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Cook the Pasta

- Boil a pot of **salted water** for the rigatoni.
- When boiling, add the **pasta** and 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.*



Divide and Serve

- Spoon the **pasta** into bowls.
- Garnish with Italian style hard **cheese** and chopped **parsley**.

Enjoy!



Fry the Veg

- Meanwhile, heat a drizzle of **oil** in a pan over medium heat.
- Halve, peel and chop the **onion** into small pieces. Clean the **mushrooms** with kitchen paper and cut them into quarters.
- When the **oil** is hot, add the **onion** and fry for 1-2 mins. Add the **mushrooms** and cook for 5-7 mins, stirring occasionally.
- Add the **pesto** and **creme fraiche** and heat for 2-3 min, until slightly thickened.



Add the Pasta

- Roughly chop the **parsley** stalks and all.
- Add the drained **pasta** to the pan with the **mushroom pesto** mixture.
- Toss to coat fully.
- Season to taste with **salt** and **pepper**.