



Pesto and Courgette Pasta

with salad leaves

Veggie Quick Cook 25-30 mins

8



Green Pesto



Balsamic Vinegar



Tomato



Salad Leaves



Greek Style Cheese



Courgette



Dried Rigatoni



Onion



Basil

Pantry Items: Oil, Salt, Pepper, Water

Before you start

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

Cooking tools you will need

Colander, Lid, Pot

Ingredients

	2P	4P
Green Pesto 7)	1 sachet	2 sachet
Balsamic Vinegar 14)	1 sachet	2 sachet
Tomato	2 unit	4 unit
Salad Leaves	40 g	80 g
Greek Style Cheese 7)	100 g	200 g
Courgette	1 unit	2 unit
Dried Rigatoni 9) 11) 15)	180 g	360 g
Onion	1 unit	2 unit
Basil	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	441 g	100 g
Energy (kJ/kcal)	2652.7 kJ/ 634 kcal	601.5 kJ/ 143.8 kcal
Fat (g)	24.9 g	5.6 g
Sat. Fat (g)	10.4 g	2.4 g
Carbohydrate (g)	77.1 g	17.5 g
Sugars (g)	12.2 g	2.8 g
Protein (g)	24.5 g	5.6 g
Salt (g)	1.6 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **9)** Mustard **11)** Soya **14)** Sulphites **15)** Wheat

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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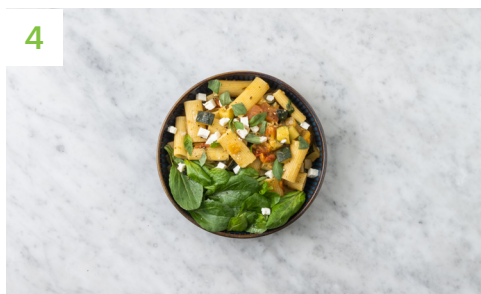


Cook the Pasta

- Boil a pot of **salted water** for the **pasta**.
- Halve, peel and chop the **onion** into small pieces.
- Trim the **courgette**, then quarter lengthways. Chop widthways into small pieces.
- Cut the **tomato** into 2cm chunks.
- Cook the **pasta**, covered, for 14-16 mins. Then drain and let it steam without the lid.

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

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Garnish and Serve

- Divide the **salad leaves** and **pasta** between the plates.
- Garnish the dish with the **Greek style cheese** and **basil**.

Enjoy!

2



Fry the Veg

- Meanwhile, heat a drizzle of **oil** in a pan over a medium heat.
- Fry the **onion** for 2 mins. Add the **courgette** and **tomato** and fry for 5-6 mins. Season with **salt** and **pepper**.
- Cut the **Greek style cheese** into ½ cm cubes and tear the **basil** leaves into small pieces.

3



Stir in the Sauce

- Add the **pasta** and the **pesto** to the pan and heat for 1 min.
- In a salad bowl, mix together the **balsamic vinegar** and 1 tbs **oil** (double for 4p).
- Season with **salt** and **pepper**. Toss the **salad leaves** in the dressing.