



# Pesto and Courgette Pasta

with Greek style cheese and wilted leaves

Veggie Quick Cook 25-30 mins

8



Greek Style Cheese



Onion



Courgette



Tomato



Dried Rigatoni



Basil



Green Pesto



Salad Leaves



Balsamic Vinegar

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
Greek Style Cheese	100 g	200 g
Onion	1 unit	2 units
Courgette	1 unit	2 units
Tomato	2 units	4 units
Dried Rigatoni	180 g	360 g
Basil	10 g	20 g
Green Pesto	1 sachet	2 sachets
Salad Leaves	40 g	80 g
Balsamic Vinegar	1 sachet	2 sachets

## 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

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.



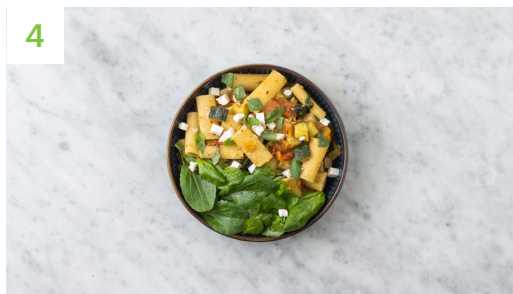
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### Cook the Pasta

- 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 12 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.*



### Garnish and Serve

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

## Enjoy!



### 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.



### Stir in the Sauce

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