



# Pesto Courgette Rigatoni

with cherry tomatoes and cheese

Veggie Quick Cook 20-25 mins

8



Garlic



Italian Herbs



Green Pesto



Grated Italian Style Hard Cheese



Courgette



Cherry Tomatoes



Dried Rigatoni



Passata



Grated Cheese Mix

Pantry Items: Salt, Pepper, Oil, Water

## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander, grater

## Ingredients

	2P	4P
Garlic	1 unit	2 units
Italian Herbs	½ sachet	1 sachet
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
Passata	1 pack	2 packs
Grated Cheese Mix	50 g	100 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	433.5 g	100 g
Energy (kJ/kcal)	2694.5 kJ/ 644 kcal	621.6 kJ/ 148.6 kcal
Fat (g)	24.3 g	5.6 g
Sat. Fat (g)	9.1 g	2.1 g
Carbohydrate (g)	77.8 g	17.9 g
Sugars (g)	11.7 g	2.7 g
Protein (g)	27.2 g	6.3 g
Salt (g)	1.9 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.



You can recycle me!



### Make the Pasta

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

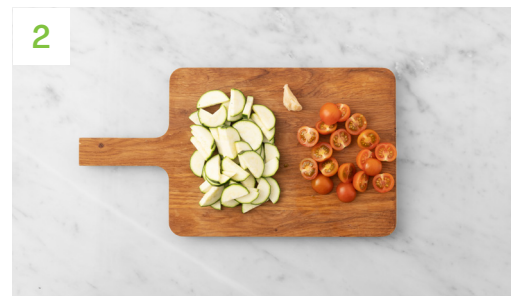
**TIP:** *If you're in a hurry you can boil the water in your kettle.*



### Dish Up

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

### Enjoy!



### Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Halve the **tomatoes**.
- Trim the **courgette** then halve lengthways. Slice widthways into 1cm thick pieces.
- Place a pan over high heat (no oil). When hot, add the **courgette** and cook until charred, 6-8 mins. Stir only every few mins—this will allow it to pick up a nice colour.
- Once cooked, season with **salt** and **pepper**.



### Cook the Veg

- Add the **garlic**, **grated cheese mix**, **half** the **Italian herbs** (double for 4p) and **tomatoes** to the pan with a drizzle of **oil**. Cook together until fragrant, 2-3 mins.
- Add 50ml **water** and ¼ tsp **sugar** (double both for 4p) along with the **passata**.
- Leave to simmer for 4-5 mins, until **tomatoes** have softened and sauce has thickened then stir through the **pesto**.
- Add the cooked **pasta** to the pan and toss to coat.
- Season to taste with **salt**, **pepper** and **sugar**.