



# Pesto, Pine Nut & Parmesan Rigatoni

with Broccoli & Chilli Flakes



Save time and cook broccoli with pasta



Broccoli



Brown Onion



Garlic



Rigatoni



Pine Nuts



Baby Spinach Leaves



Traditional Pesto



Chilli Flakes (Optional)



Basil



Parmesan Cheese

Pantry Staples



Olive Oil

Hands-on: **20** mins  
Ready in: **30** mins

Spicy (optional chilli flakes)

Italians always know just which simple ingredients pair together to give a truly show stopping result. Here, pine nuts adorn pasta for a crunchy finish, while also echoing the flavour of basil pesto. Rigatoni is the perfect shape for capturing all this amazing sauce!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan** with a **lid**, **chef's knife**, **chopping board**, **garlic crusher**, **fine grater**, **colander**, **medium frying pan**, **small bowl** and a **wooden spoon**.



### 1 GET PREPPED

Bring a large saucepan of salted water to the boil. Chop the **broccoli** into 2 cm florets. Finely slice the **brown onion**. Peel and crush the **garlic**. Pick the **basil** leaves. Finely grate the **Parmesan cheese**.



### 2 COOK THE RIGATONI & BROCCOLI

Add the **rigatoni** (use suggested amount) to the saucepan of boiling water and cook for **7-8 minutes**, or until 'al dente'. **TIP:** Be sure to add the correct amount of pasta in order for your dish to be perfectly balanced, just the way we planned it! In the **last 5-6 minutes** of pasta cooking time, add the **broccoli**. Reserve **2 tbs** of the **pasta water** and drain. Return the rigatoni and broccoli to the saucepan, **drizzle** with **olive oil** and the reserved pasta water.



### 3 TOAST THE PINE NUTS

While the rigatoni is cooking, heat a medium frying pan over a medium-high heat. Add the **pine nuts** and toast, stirring, for **3-4 minutes**, or until golden. Transfer to a small bowl.



### 4 COOK THE VEGGIES

Heat a **good drizzle** of **olive oil** in the same medium pan over a medium-high heat. Add the **brown onion** and cook for **4-5 minutes**, or until softened. Add the **garlic** and cook for **1 minute**, or until fragrant. Stir through the **baby spinach leaves** and cook for **1 minute**, or until wilted. Remove from the heat.



### 5 TOSS EVERYTHING TOGETHER

Transfer the **spinach mixture** to the saucepan with the rigatoni and broccoli and add the **traditional pesto**. Stir to combine.



### 6 SERVE UP

Divide the rigatoni between bowls. Top with the pine nuts, **chilli flakes (if using)**, basil and the grated Parmesan cheese. **TIP:** *Some like it hot but if you don't, just hold back on the chilli flakes.*

*Enjoy!*

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
brown onion	1	2
garlic	1 clove	2 cloves
basil	1 bunch	1 bunch
Parmesan cheese	½ block (25 g)	1 block (50 g)
rigatoni (use suggested amount)	¾ packet (200 g)	¾ packet (400 g)
pine nuts	1 packet (1 tbs)	2 packets (2 tbs)
baby spinach leaves	1 bag	1 bag
traditional pesto	1 tub (75 g)	1 tub (150 g)
chilli flakes (optional)	½ sachet (½ tsp)	1 sachet (1 tsp)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3000kJ (716Cal)	700kJ (167Cal)
Protein (g)	28.2g	6.6g
Fat, total (g)	28.9g	6.8g
- saturated (g)	5.0g	1.2g
Carbohydrate (g)	79.9g	18.7g
- sugars (g)	5.6g	1.3g
Sodium (g)	302mg	71mg

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