



Speedy Rosemary Lamb and Mushroom Rigatoni with Creamy Sauce and Cheese

Quick 20 Minutes • **Mild Spice**

13



Rigatoni Pasta



Garlic Clove



Rosemary



Lamb Mince



Sliced Mushrooms



Tomato Puree



Creme Fraiche



Red Wine Stock
Paste



Grated Hard Italian
Style Cheese

Pantry Items

Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, colander, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13	180g	270g	360g
Garlic Clove**	2	3	4
Rosemary**	1 bunch	1 bunch	1 bunch
Lamb Mince**	200g	300g	400g
Sliced Mushrooms**	80g	120g	180g
Tomato Puree	30g	45g	60g
Crema Fraiche** 7	75g	150g	150g
Red Wine Stock Paste 14	28g	42g	56g
Grated Hard Italian Style Cheese** 7 8	20g	30g	40g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	365g	100g
Energy (kJ/kcal)	3028 / 724	831 / 199
Fat (g)	29.5	8.1
Sat. Fat (g)	15.9	4.4
Carbohydrate (g)	78.1	21.4
Sugars (g)	9.9	2.7
Protein (g)	36.5	10.0
Salt (g)	2.36	0.65

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Pasta

a) Boil a full kettle. Pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.

b) Add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

c) Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

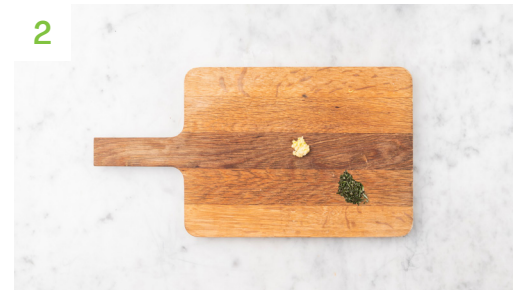


Make the Creamy Sauce

a) Add the **garlic**, **tomato puree** and **rosemary** to the pan. Cook, stirring, for 1-2 mins.

b) Stir in the **creme fraiche**, **red wine stock paste** and **water for the sauce** (see pantry for amount).

c) Bring to the boil, then lower the heat and simmer until slightly thickened, 2-3 mins.



Garlic Time

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).

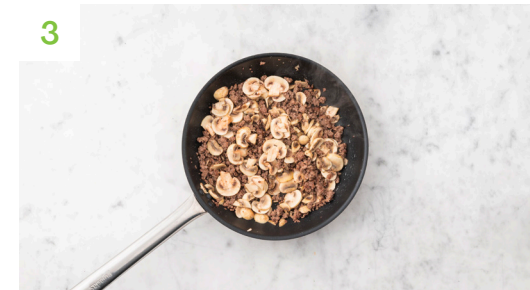
c) Heat a large frying pan on medium-high heat (no oil).



Cheese Please

a) Once the **sauce** has thickened, stir in the **hard Italian style cheese**. Add a splash of **water** if you feel it needs it.

b) Taste and add **salt** and **pepper** if needed.

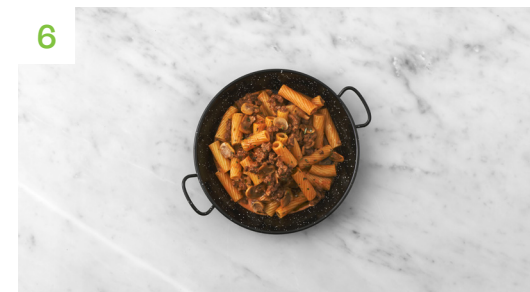


Fry the Mince and Veg

a) Once hot, add the **lamb mince** to the pan and fry until browned, 5-6 mins. Use spoon to break it up as it cooks, then drain and discard any excess fat.

b) Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*

c) Add the **sliced mushrooms** and stir-fry until golden, 3-4 mins.



Combine and Serve

a) Add the **cooked pasta** to the **sauce** and stir to combine.

b) Spoon the **lamb rigatoni** into your bowls.

Enjoy!