



Roasted Zucchini and Tomato Rigatoni

with Olives and Plant-Based Mozzarella

Veggie

Spicy

25 Minutes

+ Add



Chicken Breasts+
2 | 4

Customized Protein

+ Add

↻ Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Plant-Based Mozzarella Cheese, shredded
¾ cup | 1 ½ cups



Rigatoni
170 g | 340 g



Zucchini
1 | 2



Baby Tomatoes
113 g | 227 g



Parsley
7 g | 14 g



Mixed Olives
30 g | 60 g



Crushed Tomatoes with Garlic and Onion
1 | 2



Zesty Garlic Blend
1 tbsp | 2 tbsp



Chili Flakes
1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | 8x8" baking dish, baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons

1



Roast veggies

- Before starting, preheat the oven to 450 ° F.
- Wash and dry all produce.

- Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, poke **tomatoes** with a fork.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Add **tomatoes, zucchini, half the Zesty Garlic Blend** and **1 tbsp (2 tbsp) oil** to an unlined baking sheet. Season with **salt** and **pepper**. Toss to coat.
- Roast **veggies** in the **middle** of the oven, stirring halfway through, until tender, 12-14 min.

4



Assemble rigatoni

- Add **sauce** and **roasted veggies** to the pot with **rigatoni**. Season with **salt** and **pepper**, then toss to combine (**TIP**: For a lighter sauce consistency, add some reserved pasta water, 1-2 tbsp at a time, if desired.)
- Transfer **pasta** to a lightly-oiled 8x8-inch baking dish (9x13-inch for 4 ppl).
- Top with **plant-based mozzarella**.

2



Cook rigatoni

+ Add | **Chicken Breasts**

- Add **rigatoni** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 9-11 min.
- Reserve **½ cup (1 cup) pasta water**, then drain and return **rigatoni** to the same pot, off heat.

3



Make sauce

- Meanwhile, drain **olives**, then finely chop.
- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp (2 tbsp) oil**, then add **crushed tomatoes, remaining Zesty Garlic Blend** and **½ tsp (1 tsp) sugar**. Bring to a simmer.
- Once simmering, reduce heat to medium-low. Cook, stirring occasionally, until **sauce** reduces slightly, 6-8 min.
- Stir in **olives** and as many **chili flakes** as desired.
- When **veggies** are done roasting, turn the oven to high broil.

5



Broil rigatoni

- Broil in the **middle** of the oven until **plant-based mozzarella** melts and begins to brown, 3-5 min. (**TIP**: Keep any eye on rigatoni so it doesn't burn!)
- Let **roasted zucchini and tomato rigatoni** stand for 5 min.

6



Finish and serve

+ Add | **Chicken Breasts**

- While **rigatoni** rests, roughly chop **parsley**.
- Divide **roasted zucchini and tomato rigatoni** between plates.
- Sprinkle **parsley** over top.
- Sprinkle **any remaining chili flakes** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Cook chicken and rigatoni

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Arrange on an unlined baking sheet. Drizzle **½ tbsp (1 tbsp) oil** over top. Bake in the **top** of the oven until golden brown and cooked through, 16-18 min.**

6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Top plates with **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F.