



JAN
2017

Rigatoni Caprese

with Fresh Mozzarella and Olives

We've turned our favourite Italian-inspired salad into a pasta, and upped the ante with the addition of briny olives and crunchy pine nuts. Yum!

 Prep
30 min

 level 1

 veggie



Fresh Mozzarella



Fresh Rigatoni



Kalamata Olives



Onion



Garlic



Basil



Diced Tomatoes



Tomato Paste



Pine Nuts



Balsamic Vinegar

Ingredients

		2 People	4 People	
Fresh Rigatoni	4)	1 pkg (170 g)	2 pkg (340 g)	
Fresh Mozzarella	3)	1 pkg (250 g)	2 p kg (500 g)	
Kalamata Olives	2)	1 pkg (30 g)	2 pkg (60 g)	
Onion, chopped		1 pkg (113 g)	2 pkg (227 g)	
Garlic		1 pkg (10 g)	2 pkg (20 g)	
Basil		1 pkg (7 g)	2 pkg (14 g)	
Diced Tomatoes		1 can	2 cans	
Tomato Paste		1 pkg (1 tbsp)	2 pkg (2 tbsp)	
Pine Nuts	3)	1 pkg (28 g)	2 pkg (56 g)	
Balsamic Vinegar	2)	1 pkg (2 tbsp)	2 pkg (4 tbsp)	
Sugar*		½ tsp	1 tsp	
Olive or Canola Oil*				

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Sulphites/Sulfites
- 3) Tree Nuts/Noix
- 4) Milk/Lait

Tools

Large Pot, Large Pan, Strainer, Measuring Cups

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 838 cal | Fat: 45 g | Protein: 35 g | Carbs: 72 g | Fiber: 4 g | Sodium: 421 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Finely chop the **olives**. Mince or grate the **garlic**.

3



2 Toast the pine nuts: Heat a large pan over medium-low heat. Add the **pine nuts** and toss until lightly golden brown, 2-3 min. (**TIP:** Keep your eye on it so it doesn't burn!) Transfer to a plate.

3 Make the sauce: Increase the heat to medium. Add a drizzle of **oil** to the same pan, then the **onions** and **garlic**. Cook, until the onions soften, 5-6 min. Add the **vinegar** and **sugar**. Cook until the onions are golden-brown, 3-4 min. Add the **diced tomatoes**, **tomato paste** and **olives**. Reduce the heat to medium-low and simmer until slightly thickened, 6-8 min.

6



4 Cook the pasta: Meanwhile, add the **pasta** to the boiling water. Cook until al dente, 4-6 min. Reserve **¼ cup pasta water** (double for 4 people.) Drain the pasta.

5 Mix the pasta and reserved pasta water into the sauce. Season with **salt** and **pepper**.

6 Finish and serve: Tear the **mozzarella** and **basil** into smaller pieces over the **pasta**. Top with **pine nuts**. Divide between bowls and enjoy!

NUTRITION FACT: Pine nuts are a good source of magnesium. This mineral is important for supplying your body with energy and in the development of bones!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca