



Roasted Vegetable & Pesto Fusilli

with Parmesan & Basil

Grab your Meal Kit with this symbol



Capsicum



Peeled & Chopped Pumpkin



Basil Pesto



Fusilli



Brown Onion



Garlic



Basil



Chilli Flakes (Optional)



Chopped Tomatoes



Tomato Paste



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Spicy (optional chilli flakes)

Add layers of flavour to an easy vegetarian pasta dish by roasting the veggies first and tossing them with basil pesto. The veggies caramelise in the oven and develop lightly charred edges, transforming your finished dish into a taste sensation!

Pantry items

Olive Oil, Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
basil pesto	1 packet (50g)	1 packet (100g)
fusilli	1 packet	2 packets
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
basil	1 bunch	1 bunch
chilli flakes (optional)	pinch	pinch
chopped tomatoes	1 tin	2 tins
tomato paste	1 tin	2 tins
salt*	¼ tsp	½ tsp
sugar*	1 tsp	2 tsp
butter*	20g	40g
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

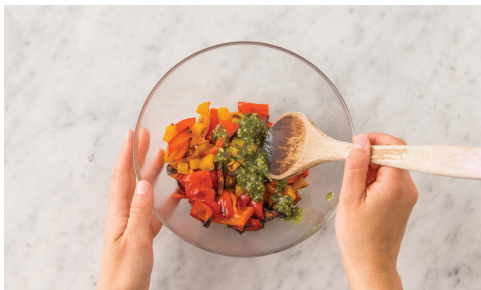
Nutrition

	Per Serving	Per 100g
Energy (kJ)	3380kJ (807Cal)	537kJ (128Cal)
Protein (g)	25.8g	4.1g
Fat, total (g)	29.9g	4.8g
- saturated (g)	10.3g	1.6g
Carbohydrate (g)	102g	16.2g
- sugars (g)	26.1g	4.2g
Sodium (g)	1150mg	183mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil. Thinly slice the **capsicum**. Place the **capsicum** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. Transfer the roasted veggies to a medium bowl. Add the **basil pesto** and toss well to combine.



4. Make the sauce

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add another **drizzle of olive oil**, the **garlic** and a **pinch of chilli flakes** (if using) and cook until fragrant, **1 minute**. Add the **chopped tomatoes**, **tomato paste** and some **reserved pasta water (1/4 cup for 2 people / 1/2 cup for 4 people)** and stir to combine.



2. Cook the pasta

While the veggies are roasting, add the **fusilli** to the saucepan of boiling water and cook, stirring occasionally, until 'al dente', **10 minutes**. Reserve some **pasta water (1/2 cup for 2 people / 1 cup for 4 people)**, then drain the **pasta** and return it to the pan. **Drizzle** with **olive oil** to prevent sticking and cover with a lid to keep warm.

TIP: 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



5. Finish the pasta

Add the **salt**, **sugar** and the **butter** to the sauce and stir to combine. Reduce the heat to medium and simmer until thickened, **2-4 minutes**. Remove from the heat and stir in the roasted **pesto veggies**, **baby spinach leaves** and cooked **fusilli**. Tear in **1/2** the **basil** leaves and stir to combine.

TIP: Add a little more pasta water if the sauce is too thick. Season to taste with salt and pepper.

TIP: Toss the pasta, sauce and veggies in the large saucepan if your frying pan isn't big enough.



3. Prep the sauce

While the pasta is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick the **basil** leaves.



6. Serve up

Divide the pesto roasted vegetable fusilli between bowls. Top with the **grated Parmesan cheese** and the remaining basil leaves.

Enjoy!