



# Roasted Vegetable & Red Pesto Penne

with Basil & Cheddar

Grab your Meal Kit with this symbol



Capsicum



Courgette



Red Onion



Penne



Garlic



Basil



Baby Spinach Leaves



Tomato Paste



Tinned Cherry Tomatoes



Vegetable Stock



Red Pesto



Shredded Cheddar Cheese

Hands-on: **20 mins**  
Ready in: **35 mins**

Low Calorie

We're adding layers of flavour to this easy pasta dish by roasting veggies and then tossing them with pesto. The veggies caramelise in the oven and develop lightly charred edges, transforming your finished dish into a taste sensation!

### Pantry items

Olive Oil, Brown 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

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

### Ingredients

	4 People
olive oil*	refer to method
capsicum	2
courgette	2
red onion	1
penne	2 packets
garlic	3 cloves
basil	1 bunch
baby spinach leaves	1 bag (60g)
tomato paste	1 tin
tinned cherry tomatoes	2 tins (800g)
vegetable stock	1 sachet
brown sugar*	2 tsp
butter*	40g
red pesto	1 packet (100g)
shredded Cheddar cheese	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	1900kJ (454Cal)	354kJ (85Cal)
Protein (g)	15.1g	2.8g
Fat, total (g)	32.5g	6.1g
- saturated (g)	12.4g	2.3g
Carbohydrate (g)	23.1g	4.3g
- sugars (g)	17.2g	3.2g
Sodium (g)	969mg	180mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to the boil. Thinly slice the **capsicum** into strips. Thinly slice the **courgette** into half-moons. Slice the **red onion** into 2cm wedges. Place the **capsicum, courgette** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and roast until tender, **18-20 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



### 4. Make the sauce

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **garlic** and **tomato paste** and cook until fragrant, **1 minute**. Add the **tinned cherry tomatoes** and **1/2 cup pasta water** and stir to combine.



### 2. Cook the pasta

While the veggies are roasting, add the **penne** to the saucepan of boiling water and cook, stirring occasionally, until 'al dente', **10 minutes**. Reserve **1 cup pasta water**, then drain the **penne** 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 has a tiny bit of firmness left in the middle.



### 5. Finish the pasta

Add the **vegetable stock, brown sugar** and **butter** to the pan with the sauce and stir to combine. Reduce the heat to medium and simmer until thickened slightly, **2-4 minutes**. Remove the pan from the heat and stir in the roasted **veggies, red pesto, baby spinach** and cooked **penne**. Season to taste with **salt** and **pepper**.

**TIP:** Add another splash of pasta water if the sauce is too thick.



### 3. Get prepped

While the pasta is cooking, finely chop the **garlic** (or use a garlic press). Pick and roughly tear the **basil** leaves. Roughly chop the **baby spinach** leaves.



### 6. Serve up

Divide the roasted vegetable and red pesto penne between bowls. Top with the **shredded Cheddar cheese** and basil leaves.

**Enjoy!**