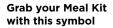


# Roasted Vegetable & Red Pesto Penne

with Basil & Cheddar









Courgette





**Red Onion** 





Garlic







**Baby Spinach** 

**Tomato Paste** 





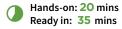
Tinned Cherry Tomatoes

Vegetable Stock





Shredded Cheddar Cheese





### 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**

ingrealents	
	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	<b>1 bag</b> (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)

<sup>\*</sup>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 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.



## 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.



## 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.



#### 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.



# 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.



# 6. Serve up

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

**Enjoy!**