



Everything  
But The Chef

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## Mediterranean Penne

Not enough hours in the day? Don't worry, we've gathered up olives from the Grecian Coast, artichoke hearts from North Africa, fetta from the ancient Byzantine Empire and rocket from Rome to bring you a balmy Mediterranean feast. Change is as good as a holiday, and this pasta might just be better!



Prep: 15 mins  
Cook: 15 mins  
Total: 30 mins



level 1



Penne Pasta



Garlic



Parsley



Kalamata Olives



Artichoke Hearts



Red Onion



Cherry Tomatoes



Fetta



Rocket

2P	4P	Ingredients
200 g	400 g	penne pasta
1/2	1	red onion, diced ⊕
3	6	garlic cloves, peeled & crushed ⊕
1 punnet	2 punnets	cherry tomatoes, halved
2 tbs	4 tbs	parsley, chopped ⊕
100 g	200 g	kalamata olives, pitted & halved
150 g	300 g	artichoke hearts, drained
70 g	140 g	rocket, washed ⊕
1/2 block	1 block	fetta, crumbled

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2370	Kj
Protein	16.9	g
Fat, total	46.3	g
-saturated	8.7	g
Carbohydrate	16.7	g
-sugars	16.3	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Bring a large pot of salted water to the boil. Add the **pasta** to the boiling water and cook for approximately **8-10 minutes** or until al dente. Drain, rinse under cold water and set aside.



**2** Heat some oil in a pan over a medium-high heat. Add the **onion** and the **garlic**, then cook for about **2 minutes** or until the onion is translucent. Turn the temperature down to a low heat and add the **cherry tomatoes, parsley, olives, and artichokes**; cook gently for a further **3 minutes**, or until the tomatoes are soft.



**3** Toss the drained pasta with the vegetables to combine, then throw in the **rocket** leaves.



**4** To serve, crumble a little of the **fetta** and lightly toss through; if you think feta makes everything better, add a little more! Season well with salt and pepper and divide the pasta amongst your bowls and enjoy!

**Did you know?** There are over 600 types of pasta and some boast over 1300 names!