



Everything
But The Chef

hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

WK44
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Spiral Pasta with Tomato & Cheese

The classic combo of onion, garlic and tomato pairs brilliantly with salty capers and basil in this most simple and classic of pasta sauces. The real hero of the dish is the chilli which adds flavour and warmth. Keep out the chilli for the kids, but if you're feeling brave, add $\frac{1}{4}$ tsp of chilli flakes and enjoy this dish the traditional, 'angry' Italian way. Buon appetito!

Prep: 10 mins
 Cook: 15 mins
Total: 25 mins

veggie **level 1**
 spicy

Pantry Items



Olive Oil



Water



Wholemeal
Spiral Pasta



Brown Onion



Red Capsicum



Garlic



Birdseye Chilli



Diced Tomatoes



Capers



Basil Leaves



Pine Nuts



Parmesan Cheese

Qty	Ingredients
500 g	wholemeal spiral pasta
1 tbs	olive oil *
1	brown onion, finely chopped
1	red capsicum, diced
1 clove	garlic, peeled & crushed
1	birdseye chilli, deseeded & finely chopped (optional)
2 tins	diced tomatoes
1 cup	water *
1 tbs	capers (optional)
1 bunch	basil leaves, finely chopped A
2 tbs	pine nuts
1 block	Parmesan cheese, finely grated ⊕

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	2490	Kj
Protein	23.2	g
Fat, total	14.8	g
-saturated	3.5	g
Carbohydrate	84.5	g
-sugars	6.5	g
Sodium	392	mg



You will need: *chef's knife, chopping board, grater, garlic crusher, large saucepan, and a medium saucepan with lid.*

1 Bring a large saucepan of water to the boil. Add the **wholemeal spiral pasta** and cook for **10 minutes** or until 'al dente', stirring regularly to ensure that the pasta does not stick. Drain and return back to the saucepan.



2 Meanwhile, heat the **olive oil** in a medium saucepan over a medium heat. Add the **brown onion** and **red capsicum**. Cook, stirring, for **2 minutes** and then reduce the heat to medium-low and cover with a lid. Cook for **5 minutes** or until the capsicum softens. Remove the lid and add the **garlic** and **birdseye chilli** (leave out the chilli if you don't like too much heat!) and cook, stirring, for **1 minute** or until fragrant.



3 Add the **diced tomatoes** and **water**. Bring to a simmer for **10 minutes** or until it has thickened slightly and the vegetables have softened. Stir through the **capers**, **basil leaves** and **pine nuts** until well combined. Season to taste with **salt** and **pepper**. Throw in the drained pasta and toss to coat well.



4 Divide the pasta between bowls and top with the finely grated **Parmesan cheese**, if you like.

Tip: If the kids don't eat capers, you can just stir them through the adult serves before serving up.

Did you know? This recipe is called Arrabiata in Italian, which means 'angry' - referring to the heat of the chilli used.