

# Roasted Veggie Penne

with Red Pesto & Goat Cheese

Grab your meal kit with this number

43



Capsicum



Zucchini



Onion



Penne



Garlic



Diced Tomatoes With Onion & Garlic



Vegetable Stock Pot



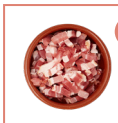
Red Pesto



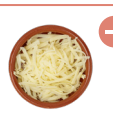
Baby Spinach Leaves



Marinated Goat Cheese



Diced Bacon



Cheddar Cheese

Prep in: 20-30 mins  
Ready in: 35-45 mins

With melty blankets of goat cheese and a rich sauce to coat each bit of penne, this veggie-loaded bowl of happiness is exactly what you need for a comforting weeknight meal.

### Pantry items

Olive Oil, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
zucchini	1	2
onion	½	1
penne	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
diced tomatoes with onion & garlic	½ packet	1 packet
<b>butter*</b>	20g	40g
vegetable stock pot	1 medium packet	2 medium packets
red pesto	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
marinated goat cheese	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3264kJ (780cal)	756kJ (175cal)
Protein (g)	25.2g	5.8g
Fat, total (g)	36.2g	8.4g
- saturated (g)	14.6g	3.4g
Carbohydrate (g)	83.3g	19.3g
- sugars (g)	17.8g	4.1g
Sodium (mg)	2934mg	679.2mg
Dietary Fibre (g)	10.1g	2.3g

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](http://hellofresh.com.au/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 oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil.
- Thinly slice **capsicum**.
- Thinly slice **zucchini** into half-moons.
- Slice **onion (see ingredients)** into thick wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt and pepper**. Toss to coat and roast until tender, **18-20 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

4



## Make the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Add **diced tomatoes with onion & garlic**, the **butter** and some **pasta water** (½ cup for 2 people / ⅓ cup for 4 people), stirring to combine.

2



## Cook the pasta

- Meanwhile, cook **penne** in the boiling water, stirring occasionally, until 'al dente', **12 minutes**. Reserve some **pasta water** (½ cup for 2 people / ⅓ cup for 4 people), then drain the **pasta** and return it to the pan.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.

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## Bring it all together

- Add **vegetable stock pot** to the sauce and stir to combine. Reduce heat to medium and simmer until thickened, **2-4 minutes**.
- Remove from heat, then stir in the **roasted veggies, red pesto, baby spinach leaves** and **cooked penne**. Season to taste.

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

3



## Get prepped

- While the pasta is cooking, finely chop **garlic**.

6



## Finish & serve

- Divide roasted veggie penne between bowls.
- Crumble with **marinated goat cheese** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



### CUSTOM OPTIONS



#### ADD DICED BACON

Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



#### ADD CHEDDAR CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

