

Cheesy Roasted Veggie Penne

with Red Pesto & Basil

Grab your Meal Kit with this symbol



Carrot



Zucchini



Red Onion



Kale



Penne



Garlic



Parsley



Diced Tomatoes With Garlic & Onion



Tomato Paste



Vegetable Stock Pot



Shredded Cheddar Cheese



Red Pesto



Grated Parmesan Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 20-30 mins
Ready in: 35-45 mins

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

Pantry items

Olive Oil

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
red onion	½	1
kale	1 bag	2 bags
penne	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
diced tomatoes with garlic & onion	1 box	2 boxes
tomato paste	½ packet	1 packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
shredded Cheddar cheese	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
red pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3305kJ (789Cal)	544kJ (130Cal)
Protein (g)	30.1g	5g
Fat, total (g)	30.9g	5.1g
- saturated (g)	11g	1.8g
Carbohydrate (g)	91.6g	15.1g
- sugars (g)	21.2g	3.5g
Sodium (mg)	1457mg	240mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 Prep & roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil. Thinly slice the **zucchini** and **carrot** into half-moons. Slice the **red onion** (see ingredients) into thick wedges. Tear the **kale** leaves from the stem, then roughly chop the leaves. Place the **carrot**, **zucchini** and **onion** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until almost tender, **12-15 minutes**. Remove the tray from the oven and add the **kale**, tossing to combine. Return to the oven and roast until softened, **5-10 minutes**.

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



2 Cook the pasta

While the veggies are roasting, cook the **penne** in the boiling water, stirring occasionally, until 'al dente', **10 minutes**. Reserve 1 cup of **pasta water**, then drain the **pasta** and return it to the pan.

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



3 Get prepped

While the pasta is cooking, finely chop the **garlic**. Roughly chop the **parsley**.



4 Make the sauce

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



5 Bring it all together

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

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



6 Serve up

Divide the roasted veggie and red pesto penne between bowls. Sprinkle with the **grated Parmesan cheese** and parsley to serve.

Enjoy!

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