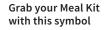
# Cheesy Roasted Veggie Penne with Red Pesto & Basil













**Red Onion** 









Parsley



**Diced Tomatoes** With Garlic & Onion



Tomato Paste



Red Pesto

Vegetable Stock



Shredded



Cheddar Cheese



Grated Parmesan



**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  $\cdot$  Oven tray lined with baking paper  $\cdot$  Large frying pan

#### Ingredients

ingi calcino		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
red onion	1/2	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)

<sup>\*</sup>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.



## 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.



## 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.



## Get prepped

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



#### 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.



## 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.



## 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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