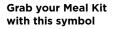


# Roasted Vegetable & Pesto Fusilli

with Parmesan & Pine Nuts



















**Brown Onion** 





Basil







Chilli Flakes (Optional)

**Diced Tomatoes With** Garlic & Olive Oil





**Tomato Paste** 

Baby Spinach Leaves



**Shaved 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

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

#### **Ingredients**

| ingicalcing                                  |                   |                    |
|--|-------------------|--------------------|
|  | 2 People          | 4 People           |
| olive oil*                                   | refer to method   | refer to method    |
| capsicum                                     | 1                 | 2                  |
| zucchini                                     | 1                 | 2                  |
| basil pesto                                  | 1 sachet<br>(50g) | 1 sachet<br>(100g) |
| fusilli                                      | 1 packet          | 2 packets          |
| brown onion                                  | 1                 | 2                  |
| garlic                                       | 2 cloves          | 4 cloves           |
| pine nuts                                    | 1 packet          | 2 packets          |
| chilli flakes<br>(optional)                  | pinch             | pinch              |
| diced tomatoes<br>with garlic &<br>olive oil | 1 tin             | 2 tins             |
| tomato paste                                 | 1 sachet          | 2 sachets          |
| salt*  | 1/4 tsp           | ½ tsp              |
| baby spinach<br>leaves                       | 1 bag<br>(30g)    | 1 bag<br>(60g)     |
| basil  | 1 punnet          | 1 punnet           |
| shaved Parmesan<br>cheese                    | 1 packet<br>(30g) | 2 packets<br>(60g) |

<sup>\*</sup>Pantry Items

#### **Nutrition**

|                  | Per Serving     | Per 100g             |
|------------------|-----------------|----------------------|
| Energy (kJ)      | 2898kJ (692Cal) | <b>390kJ</b> (93Cal) |
| Protein (g)      | 26g             | 3.5g                 |
| Fat, total (g)   | 19.7g           | 2.7g                 |
| - saturated (g)  | 5g              | 0.7g                 |
| Carbohydrate (g) | 94.6g           | 12.7g                |
| - sugars (g)     | 24.2g           | 3.3g                 |
| Sodium (mg)      | 933mg           | 126mg                |

#### **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. Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Bring a medium saucepan of salted water to the boil. Thinly slice the capsicum. Thinly slice the zucchini into half-moons. Place the capsicum and zucchini on an oven tray lined with baking paper. Drizzle with olive oil and season with a pinch of salt and pepper. Toss to coat, then roast until tender, 18-20 minutes. Transfer the roasted veggies to a medium bowl. Add the basil pesto and toss well to combine.

**TIP:** Spread the veggies across two trays if they don't fit in a single layer!



## 2. Cook the pasta

While the veggies are roasting, add the **fusilli** to the saucepan of boiling water and cook, stirring occasionally, until 'al dente', **10 minutes**. Reserve some **pasta water (1/2 cup for 2 people / 1 cup for 4 people)**, then drain the **pasta** and return it to the pan. **Drizzle** with **olive oil** to prevent sticking and cover to keep warm.



## 3. Get prepped

While the pasta is cooking, finely chop the **brown onion.** Finely chop the **garlic** (or use a garlic press). Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast until golden, **2-3 minutes**. Transfer to a small bowl.



#### 4. Make the sauce

Return the frying pan to a medium-high heat with a drizzle of olive oil. Add the onion and cook, stirring, until softened, 3-4 minutes. Add another drizzle of olive oil, the garlic and a pinch of chilli flakes (if using) and cook until fragrant, 1 minute. Add the diced tomatoes with garlic & olive oil, tomato paste and some pasta water (1/4 cup for 2 people / 1/2 cup for 4 people) and stir to combine.



## 5. Finish the pasta

Add the **salt** 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 **pesto veggies**, **baby spinach leaves** and cooked **fusilli**. Tear in **1/2** the **basil leaves** and stir to combine. Season to taste with **salt** and **pepper**.

**TIP:** Add a little more pasta water if the sauce is too thick.



## 6. Serve up

Divide the roasted vegetable and pesto fusilli between bowls. Top with the **shaved Parmesan cheese**, toasted pine nuts and then tear the remaining basil leaves to serve.

**Eniov!**