

# Tuscan Vegetable & Olive Fettuccine

with Lemon Garlic Pangrattato

Grab your Meal Kit with this symbol



Capsicum



Zucchini



Yellow Squash



Red Onion



Fettuccine



Lemon



Garlic



Kalamata Olives



Parsley



Panko Breadcrumbs



Tomato Paste



Italian Herbs



Chilli Flakes (Optional)



Diced Tomatoes with Garlic & Olive Oil



Vegetable Stock Pot



Grated Parmesan Cheese

- Hands-on: **20-30 mins**
- Ready in: **30-40 mins**
- Spicy (optional chilli flakes)

We love roasted vegies. And we love pasta. So then we thought, why don't we combine the two? It needed a little something more, so we added a crunchy topping of pangrattato to finish it off. Now it's your turn to take it for a twirl!

### Pantry items

Olive Oil, Butter

## 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

Medium saucepan with lid · Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
zucchini	1	2
yellow squash	1 bag (100g)	1 bag (200g)
red onion	1	2
fettuccine	1 packet	2 packets
lemon	½	1
garlic	2 cloves	4 cloves
kalamata olives	1 packet	2 packets
parsley	1 bag	1 bag
panko breadcrumbs	½ packet	1 packet
tomato paste	1 sachet	2 sachets
Italian herbs	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
diced tomatoes with garlic & olive oil	1 tin	2 tins
vegetable stock pot	1 tub (20g)	1 tub (40g)
salt*	¼ tsp	½ tsp
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3554kJ (849Cal)	431kJ (103Cal)
Protein (g)	28.5g	3.5g
Fat, total (g)	28.8g	3.5g
- saturated (g)	10.9g	1.3g
Carbohydrate (g)	109.5g	13.3g
- sugars (g)	28.5g	3.5g
Sodium (mg)	1925mg	234mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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. Chop the **yellow squash** into 1cm chunks. Cut the **red onion** into 1cm wedges. Divide the **capsicum, zucchini, squash** and **onion** between two oven trays lined with baking paper. Drizzle both trays with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **15-20 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## Make the pangrattato

In a large frying pan, heat a good drizzle of **olive oil** over a medium-high heat. Add the **panko breadcrumbs** (see ingredients) and cook, stirring, until golden brown, **3 minutes**. Add the **lemon zest** and **1/2 the garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a medium bowl and stir through the **parsley**.

**TIP:** Add more or less lemon zest to taste.



## Cook the pasta

While the veggies are roasting, add the **fettuccine** to the boiling water and cook, stirring occasionally, until 'al dente', **9 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people) then drain and return to the pan. Drizzle with **olive oil** to prevent sticking and set aside.

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



## Make the sauce

Return the frying pan to a medium-high heat and add the **tomato paste, Italian herbs, olives**, a pinch of **chilli flakes** (if using) and the remaining **garlic**. Cook until fragrant, **30 seconds**. Add the **diced tomatoes with garlic & olive oil, vegetable stock pot** and some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Season with **salt** and **pepper**. Reduce the heat to medium and simmer for **3-5 minutes**. Add the **butter** and **sugar** and cook until melted, **1 minute**. Remove from the heat and stir in the **roast veggies** and **fettuccine**. Season to taste.

**TIP:** Add a dash more pasta water if the sauce looks dry.



## Get prepped

While the fettuccine is cooking, zest the **lemon** to get a generous pinch. Finely chop the **garlic**. Roughly chop the **kalamata olives** and the **parsley** leaves.



## Serve up

Divide the Tuscan vegetable fettuccine between bowls. Sprinkle with the grated Parmesan cheese and top with the lemon garlic pangrattato. Serve with any remaining lemon wedges.

## Enjoy!