



# Roasted Veggie & Pesto Penne

with Herbs & Plant-Based Parmesan

Grab your Meal Kit with this symbol



Capsicum



Carrot



Onion



Penne



Garlic



Salad Leaves



Tomato Paste



Tinned Cherry Tomatoes



Vegetable Stock Powder



Plant-Based Basil Pesto



Herbs



Plant-Based Grated Parmesan

### 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**

Plant Based

We're adding layers of flavour to this easy pasta dish by roasting veggies and then tossing them into a rich sauce with basil pesto. The veggies caramelize in the oven and develop lightly charred edges, transforming your finished dish into a taste sensation!

### Pantry items

Olive Oil, Brown Sugar, Plant-Based 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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
carrot	1	2
onion	1 (medium)	1 (large)
penne	1 packet	1 packet
garlic	3 cloves	6 cloves
salad leaves	1 small bag	1 medium bag
tomato paste	½ packet	1 packet
tinned cherry tomatoes	1 tin	2 tins
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
plant-based butter*	30g	60g
plant-based basil pesto	1 packet (50g)	1 packet (100g)
herbs	1 bag	1 bag
plant-based grated Parmesan	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3407kJ (814Cal)	527kJ (126Cal)
Protein (g)	22.7g	3.5g
Fat, total (g)	34.7g	5.4g
- saturated (g)	11.6g	1.8g
Carbohydrate (g)	96.3g	14.9g
- sugars (g)	24g	3.7g
Sodium (mg)	1245mg	193mg

The quantities provided above are averages only.

## Allergens

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

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



## Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to the boil. Thinly slice **capsicum** into strips. Cut **carrot** into thick half-moons. Cut **onion** into wedges. Place **veggies** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **18-20 minutes**.

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



## Cook the sauce

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** and **tomato paste** (see ingredients) until fragrant, **1 minute**. Add **tinned cherry tomatoes** and reserved **pasta water** and stir to combine.



## Cook the pasta

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

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



## Bring it all together

Add **vegetable stock powder**, the **brown sugar** and the **plant-based butter** to the sauce and stir to combine. Reduce heat to medium, then simmer until thickened, **2-4 minutes**. Remove from heat, then stir through **roasted veggies**, **plant-based basil pesto**, **salad leaves** and **penne**. Season to taste.

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



## Get prepped

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



## Serve up

Pick the **herb** leaves. Divide roast veggie and pesto penne between bowls. Tear over herbs. Sprinkle with **plant-based grated Parmesan** to serve.

## Enjoy!