



Cooking Made Easy

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## Burst Tomato & Squash Fusilli

with Sweet Bell Pepper & Parmesan



Sometimes, all you want to do is sit down with a big, satisfying bowl of pasta. Well, here it is! This simple and delicious dish packs intense flavor from Parmesan, thyme, and caramelized red onion. Delicate squash and bell pepper up the ante on this 30-minute pasta creation.



30 min



level 1



nut free



veggie



Fusilli



Grape Tomatoes



Thyme



Bell Pepper



Parmesan Cheese



Red Onion



Yellow Squash

Ingredients	2 People	4 People
Fusilli	1) 2)	6 oz   12 oz
Yellow Squash	1	2
Grape Tomatoes	1 bunch	2 bunches
Bell Pepper	1	2
Parmesan Cheese	3)	¼ C   ½ C
Red Onion	1	2
Thyme	1 sprig	2 sprigs
Olive Oil*	3 T	6 T

\*Not Included

### Allergens

- 1) Wheat
- 2) Eggs
- 3) Milk

### Tools

Large Pot, Large Pan, Strainer

Ruler

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**Nutrition per person** Calories: 598 cal | Carbs: 74 g | Fat: 26 g | Protein: 19 g | Fiber: 10 g



**1** Bring a large pot of **water** to a boil with a large pinch of **salt**. Quarter the **squash** lengthwise, then slice into ¼-inch pieces widthwise. Halve the **grape tomatoes**. Strip the **thyme leaves** off the sprig, then finely chop. Halve, peel, and thinly slice the **red onion**. Core, seed, and remove the white ribs from the **bell pepper**, then thinly slice.



**2** Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **red onion** and season with **salt** and **pepper**. Cook, stirring, for 5-7 minutes, until softened and lightly browned.



**3** Meanwhile, add the **fusilli** to the **boiling water**. Cook for 9-10 minutes, or until al dente. Reserve ¼ cup **pasta water**, then drain.

**4** While the pasta cooks, add the **bell pepper, squash** and **thyme** to the pan with the onion and season with **salt** and **pepper**. Cook, tossing frequently, for about 8-9 minutes, until the squash begins to brown.



**5** Add the **tomatoes** to the pan and cook, stirring occasionally, for 1-2 minutes, until softened.

**6** Add the **drained pasta** and add it to the pan with the veggies. Toss in **half the Parmesan**, another 2 tablespoons **olive oil**, and a splash of **pasta water**. Season with **salt** and **pepper**.

**7** Serve the **pasta** with a sprinkle of **remaining Parmesan cheese** on top!