



More than Food

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Autumn Pasta Bake

with Creamy Sweet Potato Puree, Roasted Root Vegetables, and Rosemary

Sweet potato is transformed into a creamy sauce for this oven-baked penne. Tossed with roasted beets, parsnip, and caramelized onion, you'll have all the flavors of the season in one dish.



40 min



level 1



nut free



veggie



Penne



Parsnip



Sweet Potato



Beets, precooked



Red Onion



Parmesan, shredded



Rosemary



Vegetable Stock Concentrate

Ingredients

		2 People	4 People
Penne	1)	6 oz	12 oz
Parsnip		1	2
Sweet Potato		1	2
Beets, precooked		8 oz	16 oz
Red Onion		1	2
Parmesan, shredded	2)	1 oz	2 oz
Rosemary		¼ oz	½ oz
Vegetable Stock Concentrate		1	2
Oil*		1 T	2 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large Pot, Baking Dish,
Strainer, Peeler, Large Bowl

Ruler

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Nutrition per person Calories: 713 cal | Carbs: 130 g | Fat: 13 g | Protein: 23 g | Fiber: 16 g | Sodium: 566 mg

Make sure to wash and dry produce before prepping or cooking!



2

1 Boil the sweet potato: Preheat the oven to 400 degrees. Bring a large pot of water with a large pinch of **salt** to boil. Peel and dice the **sweet potato** into ½-inch cubes. Add the **sweet potato** to the pot, then bring to a boil for 12-15 minutes, until fork-tender.



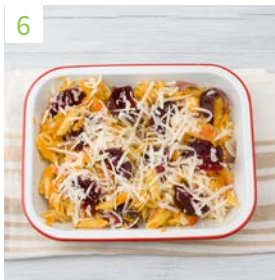
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2 Roast the parsnips and the onion: While the **sweet potato** boils, peel and dice the **parsnip** into ½-inch cubes. Halve, peel, and slice the **onion** into ½-inch wedges. Strip the **rosemary** leaves from the stems and finely chop. Toss the **onion** and **parsnips** in a small baking dish (we used 8" x 8") with the **rosemary**, **1 Tablespoon olive oil**, and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, until the **parsnips** are tender and the **onion** is slightly caramelized.



5

3 Mash the sweet potato: Once tender, remove the **sweet potato** from the boiling water with a slotted spoon. Mash in a large bowl with a fork or potato masher until smooth. Season with **salt** and **pepper**. Keep the water boiling on the stove.



6

4 Cook the pasta: Add the **pasta** to the boiling water and cook for 8-10 minutes, until al dente. Drain, reserving ½ **cup pasta water**.

5 Mix the **vegetable stock concentrate** and ½ **cup pasta water** into the **mashed sweet potatoes** until very smooth. Halve and slice the **beets** into thin wedges. Toss the **drained pasta** into the **mashed sweet potato** mixture until thoroughly coated. Season with **salt** and **pepper**.

6 Remove the baking dish from the oven and toss in the **pasta mixture**. Top with the **sliced beets** and sprinkle with **Parmesan cheese**. Return to the oven for 4-7 minutes, until the **cheese** is melted and lightly golden brown.

7 Serve divided between bowls and enjoy!