



SAY HALLO-UMI PASTA BAKE

with Sun-Dried Tomatoes, Red Pepper and Cheese



HELLO HALLOUMI

The protein that sticks together in Halloumi gives the signature "squeak".



Halloumi



Courgette



Red Onion



Red Pepper



Dried Oregano



Smoked Paprika



Wheat Penne



Sun-Dried Tomatoes



Finely Chopped Tomatoes with Garlic & Onion



Italian Style Grated Hard Cheese

MEAL BAG

Hands on: **20** mins
Total: **45** mins

2 of your
5 a day

Medium heat

Veggie

Chef Lizzie's delicious halloumi wheat pasta bake is a quick and easy recipe, perfect for any night of the week. For maximum flavour, courgettes, peppers, sweet onions and halloumi are roasted together before being added to the wheat pasta and stirred through with sundried tomatoes and a rich tomato sauce. Finish everything off by covering the pasta mix with cheese, and baking it until the top looks golden and bubbly.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, some **Baking Paper**, a **Large Baking Tray**, **Colander** and **Ovenproof Dish**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 200°C and bring a large saucepan of water to the boil with a pinch of salt for the wheat pasta. Chop the **halloumi** into 2cm chunks. Trim the **courgette**, halve lengthways then chop into 2cm chunks. Halve and peel the **red onion**. Chop each half into quarters. Halve the **peppers** and discard the core and seeds. Chop into 2cm chunks.



2 ROAST

Pop the **halloumi** and chopped **veggies** on a large baking tray and drizzle with **oil**. Sprinkle over the **dried oregano** and **smoked paprika** and season with a pinch of **salt** and **pepper**. Toss to coat then spread out in one layer and roast on the top shelf of your oven until golden, 20-25 mins. Turn halfway through cooking.



3 COOK THE WHEAT PASTA

Add the **wheat penne** to the pan of boiling **water** and cook for 10 mins. Drain in a colander then return to the pan (off the heat) and drizzle with **oil** to stop it sticking. Roughly chop the **sun-dried tomatoes**.



4 ASSEMBLE

When the **veggies** and **halloumi** are done, transfer them to an ovenproof dish along with the cooked **wheat pasta**, **sun-dried tomatoes** and **finely chopped tomatoes**. Sprinkle the **Italian style grated hard cheese** over the top then bake on the top shelf of your oven until golden and bubbly, 8-10 mins.



5 PUT UP YOUR FEET

Now's the time to clear down and set the table!



6 SERVE

Once the **halloumi wheat pasta bake** is cooked, spoon into bowls. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Halloumi 7) *	½ block	¾ block	1 block
Courgette *	1	2	2
Red Onion *	1	1½	2
Red Pepper *	1	1	2
Dried Oregano	1 small pot	¾ large pot	1 large pot
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Wheat Penne 13)	200g	300g	400g
Sun-Dried Tomatoes	15g	20g	30g
Finely Chopped Tomatoes with Garlic & Onion	½ carton	¾ carton	1 carton
Italian Style Grated Hard Cheese 7) 8) *	½ pack	¾ pack	1 pack

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 535G	PER 100G
Energy (kJ/kcal)	3042 / 727	569 / 136
Fat (g)	20	4
Sat. Fat (g)	11	2
Carbohydrate (g)	100	18
Sugars (g)	25	5
Protein (g)	37	7
Salt (g)	3.55	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 13) Gluten

Wheat Penne Pasta. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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