



# ROAST TOMATO & PEPPER PENNE PASTA

with Olives, Feta and Green Pesto



## HELLO FLORA ORIGINAL

Flora Original contains absolutely no preservatives, artificial colours or flavours



Red Pepper



Baby Plum Tomatoes



Garlic Clove



Chives



Feta Cheese



Wheat Penne



Baby Spinach



Tomato Purée



Balsamic Vinegar



Olives



Veggie Green Pesto



Flora Original

Our penne pasta dish is packed full of heavenly flavour combinations. Sweet and juicy roasted red pepper and baby plum tomatoes, salty olives, tangy feta, and pesto come together to create a dish that isn't showy but instead claims the limelight by being deliciously uncomplicated. Ready in six speedy steps, this is a weeknight winner for sure.

Hands on: **15 mins**  
Total: **35 mins**

**2.5** of your  
**5** a day

**Veggie**

MEAL BAG

12

## BEFORE YOU START

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



### 1 ROAST THE VEGGIES

Preheat your oven to 180°. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop the **pepper** and **whole tomatoes** onto a large baking tray. Drizzle with **olive oil** and sprinkle over a pinch of **salt** and **pepper**. Place on the top shelf of the oven to roast until the **pepper** is soft and the **tomatoes** burst, 25-30 mins. Turn halfway through and lightly press the **tomatoes** with a fork to help the juices escape!



### 4 WILT THE SPINACH

Pop the **spinach** into a colander. When the **wheat penne** has finished cooking, pour the **wheat pasta** into the colander and leave to sit on top of the **spinach** to wilt it. Drizzle with a little **olive oil** to stop it from sticking together. Keep the pan!



### 2 GET PREPPED

While the **tomatoes** and **peppers** cook, fill a large saucepan with **water** and add a good pinch of **salt**. Bring to the boil over high heat. Peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** and crumble the **feta cheese**.



### 5 FINISH THE SAUCE

After the **veggies** have been roasting for 25 mins, heat the **olive oil** (see ingredients for amount) in the now empty saucepan over medium heat. Once hot, stir in the **garlic** and **tomato purée**. Stirring, cook for 30 seconds, then mix in the **balsamic vinegar** and **sugar** (see ingredients for amount). Bubble for a minute to evaporate the **vinegar**. Remove the pan from the heat.



### 3 COOK THE WHEAT PASTA

When the **water** is boiling, add the **wheat pasta** to the saucepan and cook for 12 mins.



### 6 COMBINE AND SERVE

Once cooked, stir the **roasted veggies**, all their **juices**, the **Flora original**, the **chives** and **olives** (if everyone likes them!) into the **sauce**. Tip the **wheat pasta** into the pan and gently toss to coat well in the **sauce**. Season to taste with **salt** and **pepper**. Divide the **wheat pasta** between your bowls and top with the **crumbled feta** and a **dollop of pesto**. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper *	1	2	2
Baby Plum Tomatoes	1 punnet	1 punnet	2 punnets
Garlic Clove *	1	1	2
Chives *	1 bunch	1 bunch	1 bunch
Feta Cheese 7) *	1 block	1½ blocks	2 blocks
Wheat Penne 13)	200g	300g	400g
Baby Spinach *	1 small bag	1 small bag	1 large bag
Olive Oil*	2 tbsps	3 tbsps	4 tbsps
Tomato Purée	1 sachet	1½ sachets	2 sachets
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olives	1 pouch	2 pouches	2 pouches
Veggie Green Pesto 2) 7)	1 pot	2 pots	2 pots
Sugar*	½ tsp	¾ tsp	1 tsp
Flora Original	10g	15g	20g

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 484G	PER 100G
Energy (kJ/kcal)	2910 / 696	601 / 144
Fat (g)	26	5
Sat. Fat (g)	11	2
Carbohydrate (g)	86	18
Sugars (g)	14	3
Protein (g)	27	6
Salt (g)	2.29	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 7) Milk 13) Gluten 14) Sulphites

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

**Flora Ingredients:** Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

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.



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