



Veggie Mediterranean Pasta Bake

with Sweetcorn and Mozzarella



HELLO FUSILLI

Fusilli pasta is made by spinning around a rod into a corkscrew shape. Fusilli is a great pasta shape for capturing sauce!



Wheat Fusilli Pasta



Red Pepper



Onion



Italian Style Herbs



Finely Chopped Tomatoes with Onion



Mozzarella



Italian Style Grated Hard Cheese



Vine Tomato



Courgette



Yellow Pepper



Sweetcorn

MEAL BAG 12

Hands on: 20 mins
Total: 40 mins

4.5 of your
5 a day

Veggie

Family Box

The word 'fusilli' comes from the Italian word 'fuso' which translates into English as 'little spindles'. The twists and turns of the fusilli make it a great thing to pair with chunky veg-packed sauces like the one in this delicious recipe. For maximum flavour, we've roasted courgettes, peppers and onions with Italian-style herbs before adding them to the fusilli and stirring everything together with a simple tomato sauce. To finish the dish off, top with slices of tomato and torn mozzarella and bake until 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, Sieve**, some **Baking Paper**, a **Large Baking Tray, Colander** and **Ovenproof Dish**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C and bring a large saucepan of water to the boil with a pinch of salt for the pasta. Halve the **peppers** and discard the cores and seeds. Chop into 2cm chunks. Halve and peel the **onion** then chop into 2cm chunks. Trim the **courgette** and halve lengthways. Chop widthways into 2cm chunks. Drain and rinse the **sweetcorn** in a sieve.



2 ROAST THE VEGGIES

Pop the **pepper, onion** and **courgette** on a large lined baking tray and sprinkle over the **Italian style herbs**. Season with **salt** and **pepper** then drizzle with **oil**. Toss to coat then spread out and roast on the top shelf of your oven until soft and golden, 20-25 mins. Turn halfway through cooking.



4 FINISH UP

While the pasta and veggies cook, cut the **vine tomatoes** into about 1cm thick slices. Drain the **mozzarella**.



5 BAKE

When the **veggies** are done, transfer them to an ovenproof dish along with the **wheat pasta** and **sweetcorn**. Pour in the **finely chopped tomatoes**, season with **salt** and **pepper** and stir everything together. Arrange the **tomato slices** on top then tear over the **mozzarella**. Sprinkle over the **cheese** and bake on the top shelf of your oven until golden and bubbly, 10-12 mins.



3 COOK THE WHEAT PASTA

Meanwhile, add the **wheat fusilli** to the pan of boiling water and cook for 9 mins, then drain in a colander and return to the pan, off the heat. Drizzle with **oil** to stop it sticking together.



6 SERVE

Once golden share the **veggie wheat pasta bake** between your plates. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Wheat Fusilli Pasta 13)	200g	300g	400g
Red Pepper *	1	1	2
Onion	1	1½	2
Italian Style Herbs	½ pot	¾ pot	1 pot
Finely Chopped Tomatoes with Onion	½ carton	¾ carton	1 carton
Mozzarella 7) *	1 ball	1½ balls	2 balls
Italian Style Grated Hard Cheese 7) 8) *	½ pack	¾ pack	1 pack
Vine Tomato	2	3	4
Courgette *	1	1	2
Yellow Pepper *	1	2	2
Sweetcorn *	½ carton	½ carton	1 carton

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 769G	PER 100G
Energy (kJ/kcal)	3241 / 775	422 / 101
Fat (g)	19	3
Sat. Fat (g)	12	2
Carbohydrate (g)	108	14
Sugars (g)	32	4
Protein (g)	38	5
Salt (g)	1.79	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 13) Gluten

Wheat Fusilli 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?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ
♻️ YOU CAN RECYCLE ME!

Packed in the UK

