



Everything But The Chef

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Vegetarian Arrabiata with Fetta Cheese & Pine Nuts

The classic combo of onion, garlic and tomato pairs brilliantly with salty feta and herbaceous parsley in this most simple and classic of pasta sauces. The real hero of the dish is the chilli which adds flavour and warmth. If you're feeling brave (or just a big chilli fan), add the entire birdseye chilli and enjoy this dish the traditional, 'angry' Italian way. If not, simply leave the seeds out - it will still taste delicious. Buon appetito!

Prep: 10 mins
Cook: 20 mins
Total: 30 mins
 level 1
 low sodium
 spicy

Pantry Items

Olive Oil
 Water



Pine Nuts



Red Onion



Red Capsicum



Zucchini



Garlic



Birdseye Chilli



Diced Tomatoes



Parsley



Penne



Fetta Cheese

2P	4P	Ingredients
1 tbs	2 tbs	pine nuts
2 tsp	1 tbs	olive oil *
½	1	red onion, finely chopped
1	2	red capsicum, finely diced
1 clove	2 cloves	garlic, peeled & crushed
1	2	birdseye chilli, finely chopped
1 tin	2 tins	diced tomatoes
½ cup	1 cup	water *
1 bunch	2 bunches	parsley, finely chopped
200 g	400 g	penne
½ block	1 block	fetta cheese, crumbled

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2500	Kj
Protein	23.5	g
Fat, total	16.5	g
-saturated	5	g
Carbohydrate	84.4	g
-sugars	10.8	g
Sodium	292	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, garlic crusher, medium frying pan, large saucepan and a colander.*

- Heat a medium frying pan over a medium-low heat. Toast the **pine nuts**, stirring, for **1 minute** or until toasted. Keep your eye on them so they don't burn. Remove from the pan and set aside.
- Heat the **olive oil** in the same medium frying pan over a medium heat. Add the **red onion** and **red capsicum**. Cook, stirring, for **2 minutes** and then reduce the heat to medium-low and cover with a lid. Cook for **5 minutes** or until the vegetables sweat and soften. Remove the lid and add the **garlic** and **birdseye chilli** (leave out the seeds if you don't like too much heat) and cook, stirring, for **1 minute** or until fragrant.
- Add the **diced tomatoes** and **water**. Bring to the boil. Immediately reduce to a medium-low heat and simmer for **10 minutes** or until the sauce has thickened slightly and the vegetables have softened. Stir through the pine nuts and **parsley**. Season to taste with **salt** and **pepper**.
- Meanwhile, bring a large saucepan of water to the boil. Add the **penne** and cook for **10 minutes** or until 'al dente', stirring regularly to ensure that the pasta does not stick. Drain and throw in the frying pan with the vegetable sauce and toss to coat well.
- Divide the arrabiata between bowls and top with the crumbled **fetta cheese**.

Did you know? In Italian, Arrabiata means 'angry' - referring to the heat of the chilli used in this pasta dish.