



# Roasted Vegetable & Pesto Fusilli

with Parmesan & Pine Nuts

Grab your Meal Kit with this symbol



Capsicum



Zucchini



Basil Pesto



Fusilli



Brown Onion



Garlic



Basil



Pine Nuts



Chilli Flakes (Optional)



Diced Tomatoes With Garlic & Olive Oil



Tomato Paste



Baby Spinach Leaves



Shaved Parmesan Cheese

Hands-on: **25-35** mins  
Ready in: **35-45** mins

Spicy (optional chilli flakes)

Up the ante on pasta night with this supercharged bowl of flavour. From the veggies, which are roasted and then tossed with basil pesto, to the tomato sauce infused with garlic and chilli, this is destined for greatness.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Oven tray lined with baking paper · Medium saucepan  
· Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
zucchini	1	2
basil pesto	1 sachet (50g)	1 sachet (100g)
fusilli	1 packet	2 packets
brown onion	1	2
garlic	2 cloves	4 cloves
pine nuts	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
diced tomatoes with garlic & olive oil	1 tin	2 tins
tomato paste	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
basil	1 punnet	1 punnet
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2898kJ (692Cal)	390kJ (93Cal)
Protein (g)	26g	3.5g
Fat, total (g)	19.7g	2.7g
- saturated (g)	5g	0.7g
Carbohydrate (g)	94.6g	12.7g
- sugars (g)	24.2g	3.3g
Sodium (mg)	933mg	126mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Thinly slice the **capsicum**. Thinly slice the **zucchini** into half-moons. Place the **capsicum** and **zucchini** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch of salt** and **pepper**. Toss to coat, then roast until tender, **18-20 minutes**. Transfer the roasted veggies to a medium bowl. Add the **basil pesto** and toss well to combine.

**TIP:** Spread the veggies across two trays if they don't fit in a single layer!



## 4. Make the sauce

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add another **drizzle of olive oil**, the **garlic** and a **pinch of chilli flakes** (if using) and cook until fragrant, **1 minute**. Add the **diced tomatoes with garlic & olive oil**, **tomato paste** and some **pasta water (1/4 cup for 2 people / 1/2 cup for 4 people)** and stir to combine.



## 2. Cook the pasta

While the veggies are roasting, add the **fusilli** to the saucepan of boiling water and cook, stirring occasionally, until 'al dente', **10 minutes**. Reserve some **pasta water (1/2 cup for 2 people / 1 cup for 4 people)**, then drain the **pasta** and return it to the pan. **Drizzle** with **olive oil** to prevent sticking and cover to keep warm.



## 5. Finish the pasta

Add the **salt** to the sauce and stir to combine. Reduce the heat to medium and simmer until thickened, **2-4 minutes**. Remove from the heat and stir in the roasted **pesto veggies**, **baby spinach leaves** and cooked **fusilli**. Tear in **1/2 the basil leaves** and stir to combine. Season to taste with **salt** and **pepper**.

**TIP:** Add a little more pasta water if the sauce is too thick.



## 3. Get prepped

While the pasta is cooking, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast until golden, **2-3 minutes**. Transfer to a small bowl.



## 6. Serve up

Divide the roasted vegetable and pesto fusilli between bowls. Top with the **shaved Parmesan cheese**, toasted pine nuts and then tear the remaining basil leaves to serve.

**Enjoy!**