



Quick Roast Cherry Tomato & Pesto Penne

with Pine Nut Pangrattato

Grab your Meal Kit with this symbol



Cherry Tomatoes



Penne



Garlic



Basil



Pine Nuts



Panko Breadcrumbs



Cucumber



Mixed Salad Leaves



Zucchini



Garlic & Herb Seasoning



Vegetable Stock Powder



Plant-Based Basil Pesto

Hands-on: **10-20 mins**
Ready in: **20-30 mins**

Plant Based

Dinner that's ready in a flash? We've got you covered. Boil some water for the pasta, preheat your oven for the roasted cherry tomatoes, cook a herby sauce and voila! Before your eyes is a delectable Italian pasta dish that's sure to please!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnets
balsamic vinegar*	drizzle	drizzle
penne	1 packet	2 packets
garlic	2 cloves	4 cloves
basil	1 punnet	1 punnet
pine nuts	1 medium packet	1 large packet
panko breadcrumbs	½ packet	1 packet
cucumber	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
zucchini	1	2
garlic & herb seasoning	1 sachet	2 sachets
brown sugar*	½ tbs	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
plant-based basil pesto	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3271kJ (781Cal)	658kJ (157Cal)
Protein (g)	19.3g	3.9g
Fat, total (g)	32.7g	6.6g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	95.7g	19.3g
- sugars (g)	14.8g	3g
Sodium (mg)	1035mg	208mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the cherry tomatoes

Bring a large saucepan of salted water to the boil. Preheat the oven to **240°C/220°C fan-forced**. Place the **cherry tomatoes** on a lined oven tray and toss with a drizzle of **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper** and toss to coat. Roast until blistered, **10-15 minutes**.



Make the salad

While the pangrattato is cooking, slice the **cucumber** into thin rounds. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil** and season. Add the **cucumber** and **mixed salad leaves** and toss to coat.



Cook the penne

While the tomatoes are roasting, cook the **penne** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), drain and return to the saucepan.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Make the sauce

Grate the **zucchini**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **zucchini** until softened, **2-3 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **roasted cherry tomatoes, garlic & herb seasoning, brown sugar, vegetable stock powder, plant-based basil pesto, cooked penne** and reserved **pasta water** and cook, until slightly reduced, **1-2 minutes**. Season to taste.



Make the pangrattato

While the pasta is cooking, finely chop the **garlic**. Heat a large frying pan over a medium-high heat with a good drizzle of **olive oil**. Add the **pine nuts** and **panko breadcrumbs** (see ingredients) and cook, stirring, until golden brown, **3-4 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl. Season and set aside.



Serve up

Divide the roast cherry tomato & pesto penne between bowls. Tear over the **basil** leaves. Top with the pine nut pangrattato and serve with cucumber salad.

Enjoy!

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