



Roast Veggie & Fetta Farfalle

with Olives & Semi-Dried Tomatoes

Grab your Meal Kit with this symbol



Garlic



Zucchini



Leek



Red Onion



Semi-Dried Tomatoes



Kalamata Olives



Cherry/Snacking Tomatoes



Garlic & Herb Seasoning



Farfalle



Passata



Fetta Cubes



Flaked Almonds



Diced Bacon

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 30-40 mins

There's nothing like a loaded bowl of pasta to wrap up your day. With all the Italian flavours you know and love combined with delicate farfalle bows, this meal is a winner from start to finish! Don't forget the flaked almond garnish for that crunch factor.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
zucchini	1	2
leek	1	2
red onion	1	2
semi-dried tomatoes	1 packet	2 packets
kalamata olives	1 packet	2 packets
cherry/snacking tomatoes	1 punnet	2 punnets
garlic & herb seasoning	1 sachet	2 sachets
farfalle	1 packet	2 packets
passata	1 box	2 boxes
butter*	20g	40g
sugar*	1 tsp	2 tsp
fetta cubes	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3232kJ (772Cal)	516kJ (123Cal)
Protein (g)	23.6g	3.8g
Fat, total (g)	28.6g	4.6g
- saturated (g)	10.8g	1.7g
Carbohydrate (g)	98.2g	15.7g
- sugars (g)	23.6g	3.8g
Sodium (mg)	1384mg	221mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3619kJ (864Cal)	539kJ (128Cal)
Protein (g)	31.3g	4.7g
Fat, total (g)	34.9g	5.2g
- saturated (g)	13g	1.9g
Carbohydrate (g)	98.7g	14.7g
- sugars (g)	25.1g	3.7g
Sodium (mg)	1808mg	269mg

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](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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://www.hellofresh.com.au/contact)

2022 | CW02



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Finely chop the **garlic**. Cut the **zucchini** into bite-sized chunks. Thinly slice the **leek**. Slice the **red onion** into thick wedges. Roughly chop the **semi-dried tomatoes** and **kalamata olives**.



Make the sauce

When the veggies have **5 minutes** remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **garlic**, stirring, until fragrant, **1 minute**. Add the **passata**, **butter**, **sugar** and reserved **pasta water** and cook until slightly reduced, **2-3 minutes**. Season to taste.

CUSTOM RECIPE

If you've added diced bacon, prepare the frying pan as above. Before cooking the garlic, cook the bacon, breaking it up with a spoon, until golden, 4-6 minutes. Add the garlic, then continue with the step as above.



Roast the veggies

Place the **zucchini**, **leek**, **cherry tomatoes** and **onion** on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **garlic & herb seasoning** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Bring it all together

To the pan with the sauce, add the cooked **farfalle**, roasted **veggies**, **semi-dried tomatoes** and **kalamata olives**. Gently stir to combine and heat through.



Cook the farfalle

While the veggies are roasting, cook the **farfalle** in the boiling water until 'al dente', **11 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain the **pasta** and return to the saucepan. Drizzle with a little **olive oil** to prevent sticking.

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



Serve up

Divide the roast veggie farfalle between bowls. Crumble over the **fetta cubes** and sprinkle with the **flaked almonds** to serve.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

