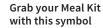
Roast Veggie & Fetta Farfalle with Olives & Semi-Dried Tomatoes

















Leek



Semi-Dried



Red Onion

Kalamata Olives



Cherry/Snacking



Garlic & Herb

Seasoning

Tomatoes



Farfalle





Fetta Cubes



Flaked Almonds



Pantry items

Olive Oil, Butter, Sugar

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.

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

in 191 Galler 100				
	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.

Alleraens

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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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.



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.



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.



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.



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.



Serve up

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

Enjoy!

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