

Halloumi and Roasted Vegetable Pasta

with Roasted Garlic Tomato Sauce

35 Minutes • 2 of your 5 a day • Veggie







Aubergine



Courgette



Red Onion



Halloumi





Italian Herbs



Finely Chopped Tomatoes



Tomato Puree



Rigatoni Pasta

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Saucepan, Baking Tray, Frying Pan, Wooden Spoon, Measuring Jug, Plate.

Inaredients

	2P	3P	4P	
Aubergine**	1	2	2	
Courgette**	1	1	2	
Red Onion**	1	1	2	
Halloumi 7)**	250g	375g	500g	
Italian Herbs	1 sachet	1 sachet	2 sachets	
Garlic Clove	2 cloves	3 cloves	4 cloves	
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons	
Tomato Puree	1 sachet	11/2 sachets	2 sachets	
Water for the Sauce*	75ml	100ml	150ml	
Sugar*	½ tsp	¾ tsp	1 tsp	
Rigatoni Pasta 13)	200g	300g	400g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	774g	100g
Energy (kJ/kcal)	3920 /937	506 /121
Fat (g)	33	4
Sat. Fat (g)	19	2
Carbohydrate (g)	109	14
Sugars (g)	29	4
Protein (g)	49	6
Salt (g)	3.38	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut. Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

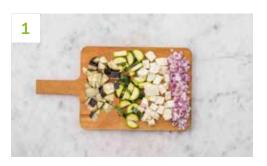
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Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of water up to the boil with ½ tsp salt for the pasta. Trim the aubergine then halve lengthways. Chop each half into four long strips then chop widthways into roughly 1cm pieces. Trim the courgette, halve lengthways and slice into 1cm thick pieces. Halve, peel and chop the red onion into small pieces. Chop the halloumi into 2cm chunks.



Roast the Veg

Pop the chopped **courgette** and **aubergine** onto a baking tray. Drizzle with oil, scatter over half the Italian herbs and season with salt and pepper. Toss to coat then roast on the top shelf of your oven until browned and tender, 20-25 mins. Peel the garlic cloves and pop into foil with a drizzle of oil, then scrunch to enclose it. Roast on the baking tray in your oven until soft, 10-12 mins.



Halloumi Time

Heat a large frying pan on medium-high heat with a drizzle of oil. Once hot, add the halloumi and fry, stirring regularly, until golden brown all over, 4-5 mins. Transfer to a plate and set aside but don't wash up the pan!



Sauce Time!

Return the now-empty pan to medium heat and add a drizzle of oil if you need to. Add the red onion and cook, stirring occasionally, until softened, 5 mins. Add the finely chopped tomatoes, tomato puree, water (see ingredients for amount), the remaining Italian herbs and sugar (see ingredients for amount). Season with salt and pepper and bring to the boil. Lower the heat and simmer stirring occasionally, until thick and tomatoey, 12-15 mins. Once the garlic is roasted, mash with the back of a fork and stir into the sauce.



Cook the Pasta

While the **sauce** simmers, add the **rigatoni** to the pan of boiling water and cook for 12 minutes. Once the vegetables are roasted, add them and the browned **halloumi** to the **sauce** and stir through to reheat the halloumi. Add a splash of water to loosen if you like. Taste and season with salt and **pepper** if you feel it needs it. Once the **pasta** is cooked, drain and stir it through the sauce.



Serve!

Divide the **pasta** between plates.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.