



# Halloumi and Roasted Vegetable Pasta

with Roasted Garlic Tomato Sauce

Classic 35 Minutes • 2 of your 5 a day • Veggie

N° 22



Courgette



Red Onion



Halloumi



Italian Herbs



Garlic Clove



Chopped Tomatoes



Tomato Puree



Rigatoni  
Pasta



Baby Spinach

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Baking Tray and Frying Pan.

## Ingredients

	2P	3P	4P
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	3	4
Chopped Tomatoes	1 carton	1½ carton	2 cartons
Tomato Puree	1 sachet	1½ sachet	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Sugar*	½ tsp	¾ tsp	1 tsp
Rigatoni Pasta 13)	200g	300g	400g
Baby Spinach**	100g	150g	200g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	656g	100g
Energy (kJ/kcal)	3808/910	580/139
Fat (g)	33	5
Sat. Fat (g)	19	3
Carbohydrate (g)	100	15
Sugars (g)	25	4
Protein (g)	49	8
Salt (g)	3.41	0.52

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

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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 **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.



## 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 **chopped tomato**, **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**.



## Roast the Veg

Pop the chopped **courgette** 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, 15-20 mins. Meanwhile, peel the **garlic cloves** and pop into a piece of foil with a drizzle of **oil**, then scrunch to enclose it. Halfway through the **veggie** roasting time, pop the **garlic parcel** onto the same baking tray and roast until soft, 10-12 mins.



## Cook the Pasta

While the **sauce** simmers, add the **rigatoni** to the pan of boiling **water** and cook for 12 mins. Once the **vegetables** are roasted, add them and the baby spinach to the sauce a handful at a time and cook until wilted and piping hot, 1-2 mins. Add 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**.



## 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.



## 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.