



Halloumi and Roasted Vegetable Pasta with Roasted Garlic Tomato Sauce

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

22



Bell Pepper



Courgette



Red Onion



Halloumi



Italian Herbs



Garlic Clove



Chopped Tomatoes



Tomato Puree



Rigatoni Pasta

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray and Saucepan.

Ingredients

	2P	3P	4P
Bell Pepper***	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	3	4
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Sugar*	½ tsp	¾ tsp	1 tsp
Rigatoni Pasta 13)	180g	270g	360g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	681g	100g
Energy (kJ/kcal)	3687 / 881	541 / 129
Fat (g)	33	5
Sat. Fat (g)	19	3
Carbohydrate (g)	96	14
Sugars (g)	28	4
Protein (g)	47	7
Salt (g)	3.38	0.50

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**. Halve the **bell pepper** and discard the core and seeds. Chop into 2cm sized chunks. 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 **bell pepper** 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. 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.



Halloumi Time

Heat a large frying pan on medium-high heat with a drizzle of **oil**. Once hot, add the **halloumi** and fry, turning 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 **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**.



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 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.