

Roasted Mediterranean Vegetable Linguine

with Pine Nuts

hellóchef

Enjoy an abundance of vegetables and bold flavours with this dish.

Cals 709 • Prot 26 • Carbs 133 • Fat 11

Vegan

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🕒 cook: 35 min

R3045



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Sauce	2 ppl	3 ppl	4 ppl	
Small zucchini	2	3	4	Piece
Red pepper	1	2	2	Piece
Yellow pepper	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Sun dried tomatoes	30	60	60	Grams
Fresh basil	15	15	30	Grams
Chopped tomatoes	400	800	800	Grams
Brown sugar	5	10	10	Grams
Vegetable stock cube 15*	1	1	2	Piece
Water	150	25	300	ML
Black pepper	0.5	0.5	1	Tsp
Linguine 10*, 11*	250	375	500	Grams
Balsamic vinegar 14*	15	22	30	ML
To serve				
Pine nuts 2*	20	30	40	Grams

Allergens

*15 Celery, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2964 / 709
Fat (g)	11.4
of which saturates (g)	0.7
Carbohydrate (g)	133
of which sugars (g)	24.4
Fiber (g)	15.5
Protein (g)	26.3
Salt (g)	0.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast vegetables

Preheat the oven to 200°C/180°C fan. Bring a large pot of salted water to the boil. Chop the **zucchini** into half moons. Deseed and finely slice the **peppers**. Place the **zucchini** and **peppers** onto a large baking tray with a drizzle of **oil** and a pinch of **salt**. Roast for 25 min, turning the **vegetables** half way.



2 Prep

Meanwhile, peel and finely slice the **red onion**. Peel and mince the **garlic**. Roughly chop the **sun-dried tomatoes**. Pick and finely slice the **basil** leaves.



3 Toast pine nuts

Heat a large pan over a medium heat. Once hot, toast the **pine nuts** in the hot, dry pan for 2 min or until starting to brown. Transfer the **pine nuts** to a bowl and reserve the pan. **Tip!** Keep an eye on the pine nuts as they can burn quickly.



4 Make sauce

Return the reserved pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **garlic** and fry for 1 min further. Add the **chopped tomatoes, sun-dried tomatoes, brown sugar, vegetable stock cube** and **measured water**. Reduce the heat to medium and simmer for 12-15 min until thickened. Remove from the heat, season with **salt** and **pepper** to taste and stir through half of the **basil** (reserve the rest for garnish).



5 Boil pasta

Meanwhile, once the water is boiling, add the **linguine** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain. **Tip!** Drizzle the cooked pasta with a bit of oil to prevent them from sticking.



6 Serve

Add the **roasted vegetables** to the **sauce** with a splash of **balsamic vinegar** and mix well. Divide the cooked **linguine** among bowls and top with the **roasted vegetable pasta sauce**. Garnish with the **toasted pine nuts** and remaining **basil**.