

Roasted Pepper Pasta with Wholewheat Spaghetti

and a Garlicky Crumb

hellóchef

Cals 612 • Prot 30 • Carbs 96 • Fat 13

Vegetarian

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🕒 cook: 45 min

R3485



Before you start

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

Ingredients

Pasta and sauce	2 ppl	3 ppl	4 ppl	
Red pepper	2	3	4	Piece
Vegetable oil	1	1	2	Tbsp
Whole-wheat spaghetti 9* , 10* , 11*	200	300	400	Grams
Chilli flakes	2	2	4	Grams
Cream cheese 4*	20	40	40	Grams
Olive oil	1	1	2	Tbsp
Whole milk 4*	100	100	200	ML
Vegetable stock cube 15*	1	1	2	Piece
Brown sugar	5	5	10	Grams
Garlic onion powder	4	4	8	Grams
Tomato paste	30	50	70	Grams
Smoked paprika powder	2	2	4	Grams
Lemon	1	1	2	Piece
Crumb				
Garlic cloves	1	1	2	Piece
Grated Parmesan 4* , 5*	30	45	60	Grams
Olive oil	1	1	2	Tbsp
Panko bread crumbs 10* , 11* , 12*	10	15	20	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Toppings				
Cherry tomatoes	150	250	300	Grams
Fresh basil	15	15	15	Grams

Allergens

*9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *15 Celery, *5 Eggs, *12 Lupin

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)	2573 / 612
Fat (g)	12.7
of which saturates (g)	3.1
Carbohydrate (g)	96
of which sugars (g)	20.6
Fiber (g)	16.1
Protein (g)	29.6
Salt (g)	0.8

*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 peppers

Preheat the oven to 220°C/200°C fan. Halve and deseed the **red peppers**. Place them on a baking tray, skin-side up. Drizzle with **vegetable oil** and roast for 30 min or until the skins are charred. Set aside and allow to cool. Once cool enough to handle, remove the skins.

Tip! Cover the peppers with foil as soon as they come out of the oven. This will steam them, which will make peeling easier. Roast the tomatoes in the oven with the peppers.



2 Crumb

Meanwhile, peel and mince the **garlic**. Heat a large pan over a medium-high heat with a drizzle of **olive oil**. Add the **garlic** and **panko bread crumbs**. Cook for 3 min, stirring, until the **bread crumbs** are toasted. Transfer to a bowl and add half of the **grated Parmesan**. Season with **salt** and **pepper**. Chop the **tomatoes** into quarters.



3 Pasta

When the **peppers** are almost ready, bring a large pot of salted water to the boil. Once boiling, add the **whole-wheat pasta** and cook for 10-12 min until 'al dente' or cooked to your liking. Drain.



4 Blitz

Meanwhile, once ready, add the roasted **red peppers**, a pinch of **chilli flakes** (**spicy!**), the **cream cheese**, **olive oil**, remaining **grated Parmesan**, 100/150/200ml **milk**, **vegetable stock cube**, **brown sugar**, **garlic onion powder**, **tomato paste**, **smoked paprika** and a squeeze of **lemon** juice to a blender. Blend for 2 min until smooth.



5 Assemble

Return the drained **pasta** to its pan with the blitzed **pepper sauce**. Warm over a medium heat for 3 min.



6 Serve

Divide the roasted **pepper pasta** among plates. Top with the **cherry tomatoes**. Garnish with the **garlicky bread crumbs**. Tear the **basil** over the top. Serve immediately.