

# Pasta with Roasted Vegetables

Roasted vegetables add taste and texture to this simple vegetarian pasta dish, while balsamic vinegar gives a delicious sweetness. There are so many different combinations of vegetables you could use, just choose your favourite!



Sulphites and wheat (gluten)\*

Nutritional information per portion (456g):

Energy	Fat	Saturates	Sugars	Salt
966kJ 228kcal 12%	<b>5.7g</b> 8%	<b>0.9g</b> 5%	<b>11g</b> 13%	<b>0.1g</b> 2%

of an adult's reference intake.  
Typical values per 100g: energy 212kJ/50kcal.

## Equipment

Weighing scales  
Colander  
Chopping board  
Sharp knife  
Roasting tin  
Measuring spoons  
Wooden spoon  
Kettle  
Large saucepan  
Pan stand  
Oven gloves  
Serving dish

## Ingredients

**Serves 4**  
225g courgettes  
1 aubergine  
1 red pepper  
1 yellow pepper  
350g cherry tomatoes  
1 medium red onion  
3 cloves garlic  
1 x 5ml spoon dried oregano  
Black pepper (optional)  
1 x 15ml spoon olive oil  
1 x 15ml spoon balsamic vinegar  
225g pasta shapes

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- Make sure the vegetables are really chunky; don't worry if you think they look too big, as they will shrink in the oven.
- Tear some fresh basil and sprinkle over your finished dish; this will add a great taste and make your pasta look even more colourful.

# Pasta with Roasted Vegetables

## Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Wash all the vegetables.
3. Peel the onion and cut into thin wedges.
4. Chop the courgettes and the aubergine into similar-sized chunks, approximately 3cm wide.
5. Deseed the peppers and chop into chunks roughly the same size as the other vegetables, then chop the cherry tomatoes in half.
6. Peel the garlic cloves and cut into 1mm slices.
7. Arrange the onion wedges, courgettes, aubergine and peppers in the roasting tin and sprinkle over the garlic, oregano, and black pepper to taste (if using).
8. Drizzle the olive oil and balsamic vinegar over the vegetables and turn the vegetables a few times with the wooden spoon, to ensure they are all coated in the dressing.
9. Place the roasting tin in the oven for 30 minutes, tossing the vegetables halfway through cooking.
10. Place the pasta in a large saucepan on a medium heat. Cover the pasta with boiling water and cook, according to the instructions on the pack, until al dente.
11. Add the halved cherry tomatoes to the vegetables and return to the oven for 5 minutes.
12. Once cooked, drain the pasta in the colander and return to the pan.
13. Finally, mix the cooked vegetables and pasta together in the saucepan and transfer into a warmed serving dish.

## Something to try next time

- This dish works well with lots of different vegetables. Why not add 150g of mushrooms or some chopped fennel next time?
- To make this dish even healthier, try using wholemeal pasta instead of white, or even a combination of the two!

## Prepare now, eat later

- Chop the onion, courgette and peppers in advance and store them in a sealed container in the fridge for up to 2 days, until you are ready to use them.
- Aubergine is best when cooked immediately after chopping, otherwise oxidation begins to occur, which will turn the flesh brown.
- Put any leftovers into an ovenproof dish, sprinkle with some grated Cheddar or Parmesan cheese and bake in the oven at 180°C/160°C fan or gas mark 4 until bubbling hot.

### Skills used include:

Weighing, measuring, chopping, mixing, roasting and boiling/simmering.