

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!

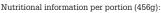








Sulphites and wheat (gluten)*





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.



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Method

- 1. Preheat the oven to $200^{\circ}C/180^{\circ}C$ 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.



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