



Halloumi and Roasted Vegetable Rigatoni

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:

Aluminium Foil, Saucepan, Frying Pan, Plate and Colander.

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 pot	1 pot	1 pot
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)	3685/881	541/129
Fat (g)	33	5
Sat. Fat (g)	19	3
Carbohydrate (g)	94	14
Sugars (g)	27	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, Soy, Gluten & Sulphites.

Contact

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Get Prepped

Preheat your oven to 200°C. 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 **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.



Fry the Halloumi

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**. Meanwhile, 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 tomatoes**, **tomato puree**, remaining **Italian herbs**, the **water for the sauce** and **sugar** (see ingredients for both amounts). Season with **salt** and **pepper** and bring to the boil. Lower the heat and simmer, stirring occasionally, until thick, 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 bring back to the boil. Cook until tender, 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 needed.



Serve

Once the **pasta** is cooked, drain and stir it through the **sauce**. Divide the **pasta** between your bowls.

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.