



Sun-dried Tomato and Sweetcorn Pasta

with Roasted Tomatoes and Spinach

RAPID 20 Minutes • Medium Heat • 2 of your 5 a day • Veggie

Nº 16



Baby Plum Tomatoes



Wheat Fusilli



Sweetcorn



Sun-Dried Tomatoes



Garlic Clove



Coriander



Tomato Puree



Chilli Flakes



Baby Spinach



Butter



Grated Italian Style Hard Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Large Baking Tray, Large Saucepan, Colander, Ladle, Sieve and Large Frying Pan.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 punnet	2 punnets	2 punnets
Wheat Fusilli 13)	½ pack	¾ pack	1 pack
Sweetcorn	1 small tin	¾ large tin	1 large tin
Sun-Dried Tomatoes	1 small bag	1 large bag	2 small bags
Garlic Clove**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Water from the Pasta*	100ml	150ml	200ml
Tomato Puree	1 sachet	1½ sachets	2 sachets
Chilli Flakes	½ pinch	¾ pinch	1 pinch
Baby Spinach**	1 bag	1 bag	1 bag
Butter** 7)	1 block	1½ blocks	2 blocks
Grated Italian Style Hard Cheese** 7) 8)	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	440g	100g
Energy (kJ/kcal)	2950 /705	671 /160
Fat (g)	22	5
Sat. Fat (g)	13	3
Carbohydrate (g)	96	22
Sugars (g)	20	4
Protein (g)	27	6
Salt (g)	2.29	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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1. Roast the Tomatoes

a) Preheat the oven to 200°C. Fill and boil your kettle

b) Pop the **baby plum tomatoes** onto a large baking tray. Drizzle over some **oil**, and season with **salt** and **pepper**.

c) Toss to coat and roast on the top shelf of your oven until the **tomatoes** have burst and starting to char, 15 mins.



4. Char the Sweetcorn

a) Meanwhile, heat a large frying pan over high heat (no oil!).

b) Once hot, add the **sweetcorn** and a good pinch of **salt**.

c) Cook, stirring once or twice for 3-4 mins until charred and starting to pop.

d) Transfer to a bowl and set aside.

e) Wipe out the now empty frying pan and return to a medium-low heat. **Tip:** Give it a minute or so to cool down.



2. Cook the Wheat Pasta

a) Pour the boiled **water** from the kettle into a large saucepan with a pinch of **salt**. Bring back to boil.

b) Once boiling, add the **wheat pasta**.

c) Stir and cook for 12 mins, then drain in a colander. **TIP:** Ladle off some of the **wheat pasta water** as it cooks and before draining, so you have it later for the sauce.



5. Make the Sauce

a) Add a glug of **oil** to the pan.

b) Once hot, stir in the **garlic** and **tomato puree** and a good pinch of **chilli flakes** (careful, they're hot!). Cook for 1 minute.

c) Increase the heat to medium-high, then pour in the **sun-dried tomatoes** and their **water**.

d) Add the **spinach** in handfuls and stir to wilt.



3. Get Prepared

a) In the meantime, drain and rinse the **sweetcorn** in a sieve.

b) Roughly chop the **sun-dried tomatoes**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).

c) Pop the chopped **sun-dried tomatoes** into a small bowl. Pour over the cooking **water** from the wheat pasta (see ingredients for amount) into the bowl. This will re-hydrate the **tomatoes** and will also be used to make your sauce later on!



6. Combine

a) Add the **butter** and **half** the **Italian style hard cheese** into the **sauce**. Stir until well combined.

b) Mix in the **wheat pasta**, **sweetcorn** and **roasted tomatoes** (and all their **juices**).

c) Toss to evenly coat the **wheat pasta** in the **sauce** and stir through the **coriander**. Season to taste with **salt** and **pepper**. Taste and add another pinch of **chilli flakes** if you want to!

d) Serve in bowls with the remaining **cheese** sprinkled on top.

Enjoy!