



Tomato and Halloumi Penne with Roasted Garlic Tomato Sauce

Classic 30-35 Minutes • 2 of your 5 a day • Veggie

22



Courgette



Red Onion



Halloumi



Italian Style Herbs



Garlic Clove



Finely Chopped Tomatoes



Tomato Puree



Penne Pasta



Baby Spinach

Pantry Items
Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, bowl, baking tray, aluminium foil, kitchen paper, frying pan and colander.

Ingredients

	2P	3P	4P
Courgette**	1	1	2
Red Onion**	1	1	2
Halloumi** 7)	250g	375g	500g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Finely 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
Penne Pasta 13)	180g	270g	360g
Baby Spinach**	100g	100g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	695g	100g
Energy (kJ/kcal)	3626/867	522/125
Fat (g)	34	5
Sat. Fat (g)	19	3
Carbohydrate (g)	89	13
Sugars (g)	21	3
Protein (g)	48	7
Salt (g)	3.46	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**. Trim the **courgette** then halve lengthways. Slice widthways into 1cm thick pieces. Halve, peel and chop the **red onion** into small pieces. Drain the **halloumi**, then cut it into 2cm chunks. Place them into a small bowl of **cold water** and leave to soak.



Sauce Time

Pop your (now empty) frying pan on medium heat with a drizzle of **oil** if needed. Once hot, add the **onion** and cook, stirring occasionally, until softened, 4-5 mins. Stir the **chopped tomatoes**, **tomato puree**, remaining **Italian style herbs**, **water for the sauce** and **sugar** (see ingredients for both amounts). Season with **salt** and **pepper**. Bring to the boil, then lower the heat and simmer, stirring occasionally, until thickened, 12-15 mins. Once the **garlic** is roasted, mash with the back of a fork and stir into the **sauce**.



Roast the Veg

Pop the **chopped courgette** onto a baking tray. Drizzle with **oil**, scatter over **half the Italian style herbs** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. When the oven is hot, roast on the top shelf until browned and tender, 15-20 mins. Meanwhile, peel the **garlic cloves** and pop into a small piece of foil with a drizzle of **oil**, then scrunch to enclose them. When the **courgette** has roasted for 5 mins, pop the **garlic parcel** onto the same baking tray and roast until soft, 10-12 mins.



Cook the Pasta

While the **sauce** simmers, add the **penne** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins. Once the **courgette** is roasted, add it and the **fried halloumi** to the **sauce** and stir through to reheat. Add the **baby spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins. Add a splash of **water** to loosen if you like. Taste and season with **salt** and **pepper** if needed.



Fry the Halloumi

Meanwhile, remove the **halloumi cubes** from the **water**, pop them onto a plate lined with kitchen paper and pat them dry. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **halloumi** and fry until golden, turning frequently, 4-5 mins. Transfer to a plate and set aside.



Finish and Serve

Once the **pasta** is cooked, drain in a colander and stir it through the **sauce**. Divide the **tomato and halloumi penne** between your bowls.

Enjoy!