

# Tomato and Halloumi Penne

with Roasted Garlic Tomato Sauce

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







Courgette







Halloumi

Italian Style Herbs





**Garlic Clove** 

Finely Chopped Tomatoes





Tomato Puree



Penne Pasta



**Baby Spinach** 



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, baking tray, 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 for the Sauce*	½ tsp	¾ tsp	1 tsp	
Penne Pasta 13)	180g	270g	360g	
Baby Spinach**	100g	150g	200g	
*Not Included **Store in the Fridae				

### **Nutrition**

.0/	for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g) Sugars (g) Protein (g)	Per serving 695g 3626/867 34.1 19.2 88.6 21.3 47.9	Per 100g 100g 522/125 4.9 2.8 12.8 3.1 6.9
3.46 0.50	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

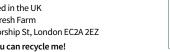
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# **Get Prepped**

Preheat your oven to 200°C. Bring a large saucepan of water to the boil with 1/2 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.



## 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, pop the garlic (unpeeled) into a small piece of foil with a drizzle of oil, then scrunch to enclose it.

When the **courgette** has roasted for 5 mins, pop the garlic parcel onto the same baking tray and roast until soft, 10-12 mins.



# Fry the Halloumi

Meanwhile, remove the **halloumi chunks** from the **cold 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.



### 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 and sugar for the sauce (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.



### 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'd like. Taste and season with salt and pepper if needed.



### Finish and Serve

Once the pasta is cooked, drain in a colander and stir it through the sauce.

Share the **halloumi penne** between your bowls.

Enjoy!

