



Penne Caprese

with Pine Nuts, Mozzarella and Balsamic Slow Roasted Tomatoes

20

Classic 30 Minutes • 1 of your 5 a day • Veggie



Baby Plum Tomatoes



Balsamic Vinegar



Red Onion



Garlic Clove



Black Olives



Pine Nuts



Penne Pasta



Tomato Passata



Vegetable Stock Paste



Chives



Mozzarella

Pantry Items
Water, 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, aluminium foil, garlic press, frying pan, bowl, colander and measuring jug.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	125g	250g	250g
Balsamic Vinegar (14)	1 sachet	1 sachet	2 sachets
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Black Olives**	30g	45g	60g
Pine Nuts	15g	15g	30g
Penne Pasta (13)	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Sugar*	1 tsp	1½ tsp	2 tsp
Vegetable Stock Paste (10)	10g	15g	20g
Chives**	1 bunch	1 bunch	1 bunch
Mozzarella** (7)	1 ball	1½ balls	2 balls

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	412g	100g
Energy (kJ/kcal)	2854/682	693/166
Fat (g)	25	6
Sat. Fat (g)	11	3
Carbohydrate (g)	83	20
Sugars (g)	15	4
Protein (g)	29	7
Salt (g)	2.11	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten 14) Sulphites

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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Packed in the UK

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Slow Roast the Tomatoes

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**. Halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil** and the **balsamic vinegar**, then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a parcel. When the oven is hot, pop onto a baking tray, then roast on the top shelf until softened, 15-20 mins.



Get Prepping

Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **olives**. Heat a large frying pan on medium heat (no oil). Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.** Transfer to a small bowl.



Cook the Pasta

When your pan of **water** is boiling, add the **pasta** to the **water** and bring back to the boil. Cook until tender, 12 mins. Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Start the Sauce

While the **pasta** cooks, pop your (now empty) frying pan back on medium heat with a drizzle of **oil**. When hot, add the **onion**, then stir and cook until softened, 4-5 mins. Stir in the **garlic** and **olives**, then cook for 1 min more. Add the **passata**, **water for the sauce**, **sugar** (see ingredients for both amounts) and **veg stock paste**. Stir together, bring to a simmer, then cook until reduced by half, 5-7 mins.



Garnish Prep

Meanwhile, finely chop the **chives**. Drain the **mozzarella** and pull it apart into small pieces.



Finish and Serve

When your **sauce** is ready, season to taste with **salt** and **pepper**, then add the **cooked pasta** and toss together. Stir through **half the chives** and **half the torn mozzarella pieces**. Serve the **pasta** in bowls with the **slow roasted tomatoes** spooned over the top. Finish with the remaining **mozzarella**, **chives** and the **toasted pine nuts** scattered over.

Enjoy!