



# WHOLEWHEAT PENNE ARRABIATA

with Roasted Peppers and Balsamic Salad



BALANCED RECIPE



## HELLO WHOLEWHEAT PASTA

Wholewheat pasta has a higher fibre content compared to regular pasta. Regular pasta (White) is highly processed due to the milling process stripping the grain of the bran and germ.



Yellow Pepper



Garlic Clove



Wholewheat Penne



Finely Chopped Tomatoes with Basil



Vegetable Stock Powder



Chilli Flakes



Green Olives



Flat Leaf Parsley



Baby Plum Tomatoes



Balsamic Vinegar



Walnuts



Rocket

MEAL BAG

30 mins

1.5 of your 5 a day

Little heat

Balanced

Under 550 calories

Veggie

Arrabbiata sauce, or sugo all'arrabbiata in Italian, is a spicy pasta sauce made from garlic, tomatoes and dried red chilli peppers, and its beauty lies in its delicious simplicity. In this recipe, we've combined the pasta sauce with chopped olives. With their strong salty taste, olives are the perfect partner for the sweeter elements of this dish, like roasted yellow pepper. Serve the wheat pasta with a fresh balsamic salad and a sprinkling of parsley and it's ready to eat!



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater** (or **Garlic Press**), **Baking Tray, Colander, Frying Pan** and **Measuring Jug**. Now, let's get cooking!



### 1 ROAST THE PEPPER

Preheat your oven to 220°C and bring a large saucepan of **water** to the boil with a pinch of **salt**. Halve the **pepper**, remove the core and seeds and thinly slice. Peel and grate the **garlic** (or use a garlic press). Pop the **pepper slices** on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat then roast on the middle shelf of your oven until charred and soft, 12-14 mins. Once cooked, remove from the oven and set aside.



### 4 MAKE THE DRESSING

Roughly chop the **olives** and add them to the simmering **sauce**. Roughly chop the **flat leaf parsley** (stalks and all), set aside. Halve the **tomatoes** and pop them in a large bowl. Add the **balsamic vinegar** and a glug of **olive oil** along with a pinch of **salt** and **pepper**. Add the **walnuts**, toss to coat, then leave to the side.



### 2 COOK THE WHOLEWHEAT PASTA

Meanwhile, add the **whole wheat pasta** to the pan of boiling **water** and simmer until tender, 13-14 mins. Once cooked, drain in a colander, pop back in the pan and drizzle with **oil** to stop it sticking together.



### 5 COMBINE

Once the **yellow pepper** is cooked, add it to the **sauce**. When the **sauce** has finished cooking, taste and add **salt** and **pepper** if you feel it needs it. Add the cooked **whole wheat penne** to the **sauce** (or add the **sauce** to the pan with the **whole wheat penne** if that's easier!) along with **half** the **parsley**, and stir to combine together. Taste and add another small pinch of **chilli flakes** if you like things spicy (remember, they do pack a punch!).



### 3 START THE SAUCE

Heat a drizzle of **oil** in a frying pan on medium heat and add the **garlic**. Fry the **garlic** for 1 minute, then pour in the **finely chopped tomatoes with basil**. Add the **stock powder, water** (see ingredients list for amount), a pinch of **salt** and **pepper** and a pinch of **sugar**. Add a pinch of **chilli flakes** (only a small pinch, they're hot and you can add more later if you want!). Simmer the **sauce** until thickened, 8-10 mins.



### 6 FINISH AND SERVE

Add the **rocket** to the bowl with the **tomatoes** and toss together to coat the **leaves** in the **dressing**. Serve the **whole wheat pasta** in bowls with the **salad** alongside. Sprinkle the remaining **parsley** over the **wheat pasta**. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Yellow Pepper *	1	1½	2
Garlic Clove *	2	3	4
Wholewheat Penne 13)	175g	260g	350g
Finely Chopped	1	1½	2
Tomatoes with Basil	carton	cartons	cartons
Vegetable Stock	1	1½	2
Powder 10)	sachet	sachets	sachets
Water*	100ml	150ml	200ml
Chilli Flakes	1 pinch	1 pinch	1 pinch
Green Olives *	1 pouch	1½ pouches	2 pouches
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Walnuts 2)	1 small bag	1 large bag	1 large bag
Rocket *	1 bag	1½ bags	2 bags

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 527G	PER 100G
Energy (kJ/kcal)	2295 / 549	435 / 104
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	84	16
Sugars (g)	22	4
Protein (g)	19	4
Salt (g)	3.12	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 10) Celery 13) Gluten 14) Sulphites

**Wholewheat Penne Pasta. Ingredients:** Durum **wholewheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

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.



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