



# Roasted Pepper and Goat's Cheese Pasta with parsley and peas

Family Veggie 40-45 mins • Equipment needed

9



Bell Pepper



Peas



Paprika



Garlic



Onion



Parsley



Goat's Cheese



Dried Linguine



Passata



Balsamic Glaze

Pantry Items: Water, Oil, Salt, Pepper, Sugar



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, colander, grater, blender

## Ingredients

	2P	4P
Bell Pepper	2 units	4 units
Peas	120 g	240 g
Paprika	2 sachets	4 sachets
Garlic	2 units	4 units
Onion	1 unit	2 units
Parsley	5 g	10 g
Goat's Cheese	100 g	200 g
Dried Linguine	180 g	360 g
Passata	1 pack	2 packs
Balsamic Glaze	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>550.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2832.6 kJ/ 677 kcal	514.5 kJ/ 123 kcal
Fat (g)	13.8 g	2.5 g
Sat. Fat (g)	9.1 g	1.7 g
Carbohydrate (g)	109 g	19.8 g
Sugars (g)	30.2 g	5.5 g
Protein (g)	26.7 g	4.9 g
Salt (g)	2.4 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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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### Roast the Pepper

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Quarter and deseed the **bell pepper**.
- On a lined baking tray, toss the **pepper** with a good drizzle of **oil, salt, pepper** and **paprika**.
- When the oven is hot, roast on the top shelf until softened and slightly charred, 25-30 mins.
- Once cooked, puree the roasted **pepper** with a blender until smooth.

**TIP:** Don't have a blender? No problem, roughly chop your pepper instead!



### Make the Sauce

- Place a large pan over medium heat with a drizzle of **oil**.
- Once hot, fry the **garlic** and **onion** until fragrant, 2 mins.
- Add the **passata** and 25ml **water** (double for 4p). Season with **salt, pepper** and ½ tsp **sugar** (double for 4p). Lower the heat and simmer for 6-8 mins.
- Add the **peas** and the pureed **pepper** to the pan.
- Season with **salt** and **pepper**. Simmer for another 4-6 mins.

**TIP:** Loosen the sauce with a splash of water if you feel it's too thick.



### Cook the Linguine

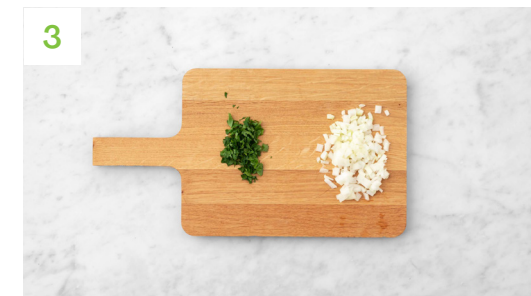
- Boil a large pot of **salted water** for the **linguine**.
- When the **water** is boiling, add the **linguine** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

**TIP:** If you're in a hurry you can boil the water in your kettle.



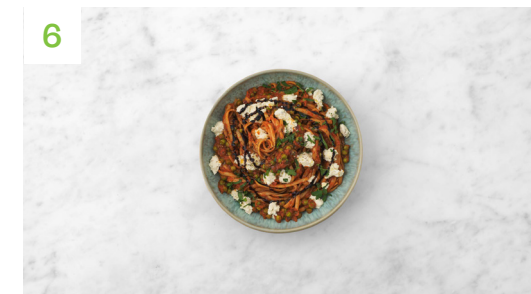
### Coat the Pasta

- Add the cooked and drained **linguine** to the pan.
- Toss to warm through and coat in the roast **pepper** sauce.
- Season to taste with **salt, pepper** and **sugar**.



### Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve, peel and finely chop the **onion**.
- Roughly chop the **parsley**, stalks and all.
- Crumble the **goat's cheese**.



### Garnish and Serve

- Divide the **linguine** between plates or bowls.
- Sprinkle the **goat's cheese** over the top.
- Garnish with the **parsley** and a drizzle of **balsamic glaze**.

Enjoy!