

MARLEY SPOON



Vegeroni Spirals with Roasted Tomato Sauce

 20-30min  2 Portions

With tomatoes at their peak in Summer, there is nothing like a simple roasted tomato sauce laced with thyme and garlic to toss through your summer pasta dish. Plus, we've added some gorgeous greens, such as English spinach and broccoli, to up your veggie intake even further.

What we send

- English spinach
- large vegeroni spiral pasta ¹
- garlic, thyme, basil
- broccoli
- dried chilli flakes
- cherry tomatoes
- red capsicum
- slivered almonds ¹⁵

What you'll require

- balsamic vinegar ¹⁷
- olive oil
- salt and pepper

Utensils

- baking paper
- large saucepan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 500kcal, Fat 12.1g, Carbs 68.6g,
Proteins 20.7g



1. Prepare vegetables

Preheat oven to 220C. Line an oven tray with baking paper. Roast **almonds** for 4 mins or until light golden then set aside to cool.



2. Cook vegetables

Discard the **capsicum** seeds and membranes and coarsely chop. Finely chop the **garlic**. Place the **tomato**, capsicum, garlic and **thyme** sprigs on the prepared tray. Sprinkle with a little **chilli flakes** to taste (reserving some for garnish) and drizzle over 2 tsp **oil**. Toss to coat. Roast for 20 mins. Bring a large saucepan of lightly salted water to the boil.



3. Prepare greens

Trim the **broccoli** and cut into bite-size pieces. Trim and discard any large **spinach** stalks. Coarsely shred the leaves. Pick the **basil** leaves (discard stems) and finely chop.



4. Cook pasta

Cook half of the **pasta** in the pan of boiling water for 7 mins (reserve remaining pasta for another use). Add the **broccoli** to the pan and cook for a further 2-3 mins until the pasta is al dente and the broccoli is cooked. Reserve 60ml (¼ cup) cooking liquid, then drain. Return to pan.



5. Finish sauce

Remove the **roasted vegetables** from the oven and stir through 1 tsp **balsamic vinegar**. Season lightly with **salt and pepper**.



6. Get ready to serve

Combine the **roasted veggies** with the **pasta** and **broccoli**. Add **reserved cooking liquid**, **shredded spinach** and most of the **basil** and toss to combine. Serve in bowls sprinkled with remaining basil, **almonds** and a little **chilli flakes** (use to taste).