

MARLEY SPOON



Veggie Romesco Pasta

with Parmesan



20-30min



2 Portions

We've captured the flavours of summer with a homemade romesco sauce. Think smoked paprika, garlic, roasted capsicum, chilli, hazelnuts and extra virgin olive oil tossed through al-dente pasta. Simply add greens and punchy parmesan to complete this bowlful of veggie sunshine.

What we send

- garlic
- long red chilli
- green beans
- parmesan ⁷
- capsicum
- hazelnuts ¹⁵
- casarecce pasta ¹
- zucchini
- tomato
- baby spinach leaves
- smoked paprika

What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

- fine grater
- foil
- medium saucepan
- oven tray

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

Cooking tip

Remove seeds and membrane from the chilli if less heat is preferred.

Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 810kcal, Fat 41.1g, Carbs 78.1g, Proteins 25.5g



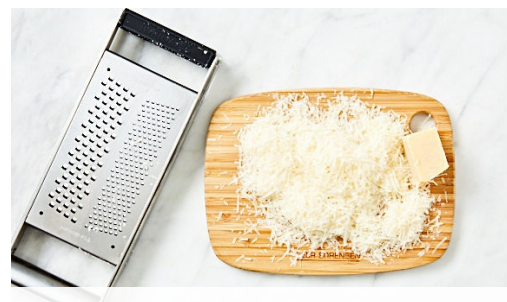
1. Grill vegetables

Heat grill to high. Line an oven tray with foil. Cut 4 'cheeks' from the **capsicum**. Halve the **chilli** lengthwise (see cooking tip). Halve the **tomato**. Put capsicum, chilli and tomato, cut-side down, on lined tray. Grill for 6 mins or until the skin of the vegetables is blistered and slightly charred. Remove from the tray, cool slightly, then remove the skins.



4. Make romesco sauce

Blend the **grilled capsicum, tomato** and **chilli** (add chilli to suit your heat preference) with a stick blender or food processor. Add the **hazelnuts, 1 tsp smoked paprika** (the remaining paprika won't be used in this dish), **1½ tbs extra virgin olive oil** and **2 tsp red wine vinegar**, season with **salt and pepper** and blend until smooth.



2. Grate parmesan

Meanwhile, bring a medium saucepan of salted water to the boil for the pasta. Finely grate **half the parmesan** (the remaining parmesan won't be used in this dish).



5. Cook vegetables

Heat **1 tbs olive oil** in a medium deep frypan over medium-high heat. Cook the **zucchini, beans** and **garlic**, stirring, for 2-3 mins until starting to soften. Stir in the **spinach** and cook for 1 min or until the spinach starts to wilt.



3. Prepare ingredients

Cook the **pasta** in the pan of boiling water for 9-10 mins until al dente. Drain. Meanwhile, trim the **beans** and cut into 3cm lengths. Halve the **zucchini** lengthwise, then thinly slice. Coarsely chop the **hazelnuts**. Crush or finely chop the **garlic**.



6. Get ready to serve

Add the **pasta, romesco sauce** and **half the parmesan**, season with **salt and pepper** and toss well to combine. Divide the **veggie romesco pasta** among bowls. Scatter with the **remaining parmesan** to serve.