

# MARLEY SPOON



## Veggie Romesco Pasta

with Parmesan



20-30min



4 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

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

## What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper

## Utensils

- fine grater
- foil
- large deep frypan
- large 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 770kcal, Fat 36.5g, Carbs 77.9g, Proteins 25.4g



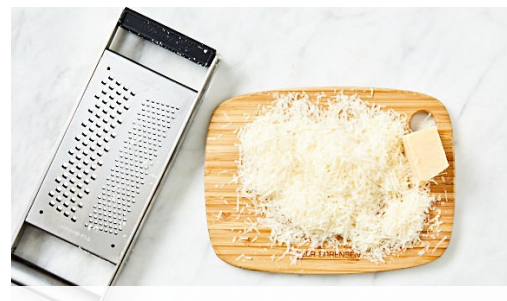
### 1. Grill vegetables

Heat grill to high. Line an oven tray with foil. Cut 8 'cheeks' from the **capsicums**. Halve the **chilli** lengthwise (see cooking tip). Halve the **tomatoes**. 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 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, 2 tsp smoked paprika** (the remaining paprika won't be used in this dish), **60ml (¼ cup) extra virgin olive oil** and **1 tbs red wine vinegar**, season with **salt and pepper** and blend until smooth.



### 2. Grate parmesan

Meanwhile, bring a large 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 large 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.