

# Pasta with Roasted Vegetables

Nutritional information per portion:

calories	fat	saturates	sugars	salt
228.7	5.7g 8%	0.9g 5%	11.4g 13%	0.1g 2%

of an adult's guideline daily amount

Roasted vegetables add taste and texture to this simple vegetarian pasta dish, while balsamic vinegar gives a delicious sweetness. There are so many different combinations of vegetables you could use, just choose your favourite!



Wheat/gluten

Made it? Rate it!



**Michelle Robinson** is a former Olympic triple jumper. Michelle was the first woman in the Commonwealth to jump over 14 metres.

"As a triple jumper, I eat a wide variety of food to gain the nutrients needed to enhance my training, support recovery and avoid excessive food-related stress. I make sure I eat lots of fresh vegetables to go towards my 5-a-day and complement my active lifestyle."

## Equipment

- Colander
- Chopping board
- Sharp knife
- Roasting tin
- Measuring spoons
- Wooden spoon
- Kettle
- Weighing scales
- Large saucepan
- Pan stand
- Oven gloves
- Serving dish

## Ingredients

**Serves 4**

- 225g courgettes
- 1 aubergine
- 1 red pepper
- 1 yellow pepper
- 350g cherry tomatoes
- 1 red onion

- 3 cloves garlic
- 1 x 5ml spoon dried oregano
- Black pepper (optional)
- 1 x 15ml spoon olive oil
- 1 x 15ml spoon balsamic vinegar
- 225g pasta shapes



This recipe was analysed using Saffron.





# Pasta with Roasted Vegetables

## Method

1. Preheat the oven to 200°C/180°C Fan or Gas Mark 6.
2. Wash all the vegetables.
3. Peel the onion and cut into thin wedges.
4. Chop the courgettes and the aubergine into similar-sized chunks, approximately 3cm wide.
5. Deseed the peppers and chop into chunks roughly the same size as the other vegetables, then chop the cherry tomatoes in half.
6. Peel the garlic cloves and thinly slice each one.
7. Arrange the onion wedges, courgettes, aubergine and peppers in the roasting tin and sprinkle over the garlic, oregano and black pepper, if using.
8. Drizzle the olive oil and balsamic vinegar over the vegetables and turn the vegetables a few times with the wooden spoon, to ensure they are all coated in the dressing.
9. Place the roasting tin in the oven for 30 minutes, tossing the vegetables halfway through cooking.
10. Boil the kettle and place the pasta in a large saucepan. Cover the pasta with the boiling water and cook, according to the instructions on the pack, until al dente.
11. Add the halved cherry tomatoes to the vegetables and return to the oven for 5 minutes.
12. Once cooked, drain the pasta in the colander and return to the pan.
13. Finally, mix the cooked vegetables and pasta together in the saucepan and transfer into a warmed serving dish.

## Something to try next time

- Add 150g chunks of chorizo to your pasta dish. This will add a spicy kick and provide a different taste and texture. If the chorizo is cooked, add it at step 11 with the tomatoes. If it is raw, add chunks to the vegetables when you toss them halfway through the cooking – at step 9.
- This dish works well with lots of different vegetables. Why not add 150g of mushrooms or some chopped fennel next time?
- To make this dish even healthier, try using wholemeal pasta instead of white, or even a combination of the two!

## Prepare now, eat later

### Prepare ahead?

- Chop the onion, courgette and peppers in advance and store them in a sealed container in the fridge for up to 2 days, until you are ready to use them.
- Aubergine is best when cooked immediately after chopping, otherwise oxidation begins to occur, which will turn the flesh brown.

### Keep for later?

- Store any leftover cooled pasta and vegetables in a covered container in the fridge for up to 24 hours and serve cold as a pasta salad.
- Alternatively, put leftovers into an ovenproof dish, sprinkle with some grated Cheddar or Parmesan cheese and bake in the oven at 180°C/160°C Fan or gas mark 4 until bubbling hot.

## Top Tips

- Make sure the vegetables are really chunky; don't worry if you think they look too big, as they will shrink in the oven.
- Tear some fresh basil and sprinkle over your finished dish; this will add a great taste and make your pasta look even more colourful.



## Skills

Look at the Let's Get Cooking Skills chart to see which skills you have used today.  
Skills used : 1, 4, 5, 6a, 7b, 7c, 7f, 8a, 9e, 9i, 12h, 14b, 15c, 16.

