



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Cherry Tomatoes

Cherry tomatoes aren't just cute – they're little flavour bombs! Halving them before cooking helps release their natural sweetness into the sauce. Originally, cherry tomatoes were grown to be used as decoration!



## Roasted Cherry Tomato Pasta Bake

This bright pasta bake combines sweet roasted cherry tomatoes, cannellini beans, and carrot tossed through pasta and topped with golden melted mozzarella.



40 minutes



4/6 servings



Vegetarian

### Switch it up!

*Prepare as a one-pan stovetop pasta by skipping the oven step and melting mozzarella directly in the pan.*

| Per serve   | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 37g     | 10g/13g   | 105g/87g      |

## FROM YOUR BOX

|                  | 4 PERSON  | 6 PERSON  |
|------------------|-----------|-----------|
| CHERRY TOMATOES  | 2 x 200g  | 3 x 200g  |
| GARLIC CLOVES    | 3         | 4         |
| SHORT PASTA      | 500g      | 500g      |
| BROWN ONION      | 1         | 1         |
| CARROTS          | 2         | 3         |
| CANNELLINI BEANS | 400g      | 2 x 400g  |
| TOMATO PASTE     | 2 sachets | 3 sachets |
| MOZZARELLA       | 1 packet  | 2 packets |
| PARSLEY          | 1 packet  | 1 packet  |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## KEY UTENSILS

large frypan, saucepan

## NOTES

For extra veg, add and sauté zucchini or mushrooms, and stir through baby spinach.

We like blending part of the sauce to give it a creamy texture. You can skip this step or blend the whole sauce to hide veggies from picky eaters.

Stir in a splash of balsamic vinegar for sweetness and depth.

**No gluten option – pasta is replaced with GF pasta.**



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### 1. ROAST THE TOMATOES

Set oven to 220°C and bring a saucepan of water to a boil.

Toss whole **tomatoes** and **garlic cloves** in a lined oven dish with **oil**, **2 tsp oregano**, **salt and pepper**. Roast for 15–20 minutes until **tomatoes** are bursting.



### 4. BLEND THE SAUCE

Add reserved **cooking liquid** to the **sautéed ingredients**. Remove **1 cup** of the **mixture** and blend until smooth using a stick mixer (see notes). Return to pan and stir to combine.



### 2. COOK THE PASTA

Add **pasta** to boiling water and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain **pasta**.



### 5. BAKE THE PASTA

Squeeze **garlic cloves** from skins and add to **sauce** along with **roasted tomatoes** and **pasta**. Season with **salt and pepper** and toss to combine (see notes). Place in an oven dish, cover with **mozzarella** and bake for 5–10 minutes until **cheese** is golden.



### 3. SAUTÉ THE INGREDIENTS

Heat a large frypan over medium-high heat with **oil**. Dice **onion** and grate **carrots**, add to pan and sauté for 3 minutes to soften. Drain and add **beans** with **tomato paste**, stirring to combine (see notes).



### 6. FINISH AND SERVE

Finely chop **parsley**.

Garnish **pasta bake** with **parsley** and serve tableside.

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