



Mediterranean Pasta Bake

A warm and hearty vegetarian pasta bake featuring sweet roasted capsicum, zucchini, and cherry tomatoes, folded through pasta and baked with crumbled feta and finished with basil.



35 minutes



Vegetarian



2 servings

FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	200g
GARLIC CLOVE	1
SHORT PASTA	500g
FETA CHEESE	1 packet
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano, balsamic vinegar, olive oil

NOTES

Add pantry ingredients like olives or canned chickpeas to bulk out the bake.

Want more creaminess? Stir through a spoon of ricotta or a splash of cream before baking.

Serve with a leafy green side salad or crusty bread to complete the meal.

No gluten option – pasta is replaced with GF pasta.

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1. ROAST THE VEGETABLES

Preheat oven to 220°C. Bring a saucepan of water to boil (for step 2).

Dice **zucchini** and **capsicum**. Halve **cherry tomatoes**. Toss in an oven dish with **crushed garlic clove**, **2 tbsp balsamic vinegar**, **3 tbsp olive oil**, **1 tbsp dried oregano**, **salt and pepper**. Roast for 20–25 minutes until golden and softened.

TIP *You can add diced eggplant, mushrooms or sliced red onion for bulk.*

2. COOK THE PASTA

Add **1/2 packet pasta** to boiling water and cook according to packet instructions or until al dente. Drain **pasta**.

3. BAKE THE PASTA BAKE

Set oven grill to 250°C. Combine roasted **vegetables** and **pasta**, in oven dish. Crumble in **1/2 packet of feta** and season with **salt** and **pepper**. Mix well. Top with **remaining feta** and bake for 5 minutes until golden.

TIP *Add shredded mozzarella, cheddar or parmesan for an extra cheesy finish. Sugo or tomato paste can be stirred through the pasta for richness and flavour.*

4. FINISH AND SERVE

Scatter torn **basil leaves** over **pasta bake**. Drizzle with **olive oil** and serve.

This recipe has simplified instructions to help lower your meal cost.