



Tomato Penne Pasta with Halloumi & Roast Asparagus

A delicious vegetarian dish packed with fresh Irish vegetables and topped with golden pan fried halloumi. The warm halloumi really adds body to the dish, it can be fried because this special cheese - originating from Cyprus - has a high melting point.

Nutritional Info

Calories: 588 kcal
Carbohydrates: 74 g
Protein: 32 g
Fat: 22 g

Ingredients

- Asparagus
- Fresh Rosemary
- Cherry Tomatoes
- Halloumi
- Spinach
- Penne Pasta
- Garlic

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

Wheat (Pasta)
Milk (Cheese)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Pre-heat the oven & cook the pasta**

Preheat the oven to 190°C.

In boiling salted water, cook the penne over a medium heat for 15-18 minutes.

2) **Prepare the vegetables**

While the pasta is cooking, remove about 3 cm from the base of the asparagus. Slice the cherry tomatoes in half. Add the asparagus and tomatoes to a bowl.

3) **Mix the vegetables & herbs**

Roughly chop the rosemary and crush the garlic. Then add this to the bowl with the vegetables along with some olive oil, salt and pepper and toss.

4) **Roast the vegetables**

Pour the vegetables onto a baking tray and roast in the oven for 10-15 minutes.

5) **Combine the pasta and vegetables**

Drain the penne once it is cooked. When the vegetables are cooked add this to the penne with some more olive oil and the spinach leaves.

6) **Fry the halloumi**

In a pan fry 1cm cubes of halloumi until golden.

7) **Plate the dish**

Serve the golden pan- fried halloumi on top of the penne and vegetables mix. Enjoy!



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