



# DropChef **Hummus and Roasted Vegetable Pasta**

**This sounds like a strange concept, but it's your new speedy shortcut do a filling and nutritious dinner! Hummus is a great and versatile ingredient, offering 6g of protein per 100g, it's also super high in fibre and healthy fats. We use it as the sauce in this dish, and boosted the vitamins and flavour by combining some tasty roasted veggies too!**

## **Nutritional Info**

Calories: 590kcal  
 Carbohydrates: 78.8g  
 Protein: 13.2g  
 Fat: 22g

## **Ingredients**

- Hummus
- Pasta
- Bell Pepper
- Courgette
- Red Onion
- Parsley

## **Your Pantry**

- Olive oil

## **Allergens**

Sesame seed (hummus)  
Wheat (Pasta)

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) **Preheat the oven to 200C and boil the kettle**

### 2) **Prepare the vegetables**

Peel the onion then cut into slim wedges. Remove the core from the pepper and cut into 2-3cm chunks. Cut the courgette into 1-2cm slices. Place on a lined baking tray, drizzle with olive oil, and season with salt and pepper. Place in the oven for 15 minutes or until roasted and soft. While the vegetables are cooking...

### 3) **Cook the pasta**

Cook the pasta in a pot of boiling water for 8-10 minutes. Just before you drain the pasta, *remove a cup of the pasta water and set aside*. Drain the pasta.

### 4) **Make the pasta sauce**

Return the pasta to the saucepan and place on low heat. Add the hummus and couple of tablespoons of the pasta water and combine. Add enough pasta water that you get a slightly loose sauce. Season with salt and pepper to taste Stir in the roasted vegetables.

### 5) **Plate the dish**

Spoon the pasta into deep bowls and garnish with finely chopped parsley.



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