



Spicy Calabrian tomato pasta

with vegan parmesan



A delicious, robust tomato sauce coats premium bucatini along with breadcrumbs. Served with vegan parmesan. A warming meal that showcases tomato in all of its forms. From the toe of Italy with love.

Great for leftovers, Quick & easy, Spicy (hot)



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot, large deep frying pan



Pantry items needed: olive oil, tomato paste, agave / sugar, salt



Hands-on: 15-20 minutes
Ready in: 20 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Tomato	100g	200g
Red onion	100g	200g
Red chilli	2g	4g
Green chilli	2g	4g
Parsley	30g	60g
Olive oil*	2 tbsp	4 tbsp
Finely chopped tomatoes	200g	400g
Tomato paste*	1 tbsp	2 tbsp
Nutmeg	0.2g	0.4g
Agave nectar / raw sugar*	½ tsp	1 tsp
Water*	¼ cup	½ cup
Salt*	½ tsp	1 tsp
Bucatini	225g	450g
Breadcrumbs	30g	60g
Vegan parmesan	30g	60g

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Fill a large pot $\frac{2}{3}$ -full with water and bring to a boil. When boiling, add whole **tomato** and blanch for **1 minute**. Remove and allow to cool. Keep water boiling for cooking pasta. Finely chop **onion, chillies** (tip 1) and **parsley**. Remove and discard **tomato** skin (tip 2) and finely chop **tomato** flesh.

2. Cook sauce

In a deep frying pan over medium-low heat, add **olive oil*** and **onion** and sauté until translucent, about **5 minutes**. Add **roma tomato, finely chopped tomatoes, tomato paste, nutmeg, agave nectar / raw sugar*, water*** and **salt***, stir to combine, bring to a simmer and cook until thickened, about **5 minutes**.

3. Cook pasta

To pot of boiling water, add **bucatini** and cook for **6 minutes**. Drain.

4. Finish pasta

In a large bowl, add **breadcrumbs, chilli, parsley** and **bucatini** and toss to coat. Add **sauce** and toss again.

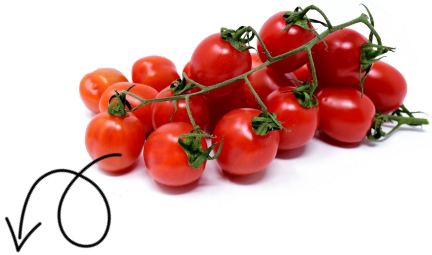
5. Serve

Serve **spicy Calabrian tomato pasta** in bowls. Sprinkle **vegan parmesan** over the top.

Cooking tips

1. To make this milder, remove the seeds from the chilli. Slice chilli lengthways through the centre. Hold the top of the chilli and use a teaspoon to scrape out the seeds.
2. Score a cross at the top of the tomato to peel the skin off easily.

Eat your way
to healthy!



Tomatoes are a good source of fibre, antioxidants and several vitamins and minerals, such as vitamin B9, C, K, and potassium.

Tomatoes have been linked to health benefits such as reduced risk of heart disease and cancer, as well as skin health.

Nutritional information*

	Per 490g serve	Per 100g
Energy	2630kJ (629Cal)	539kJ (129Cal)
Protein	20.7g	4.2g
Fat, total	17.4g	3.6g
- Saturated	5.3g	1.1g
Carbohydrate	103.0g	21.1g
- Sugars	12.2g	2.5g
Sodium	544mg	111mg

* Nutritional information is based on averages