

Rustic Sicilian Penne

with Zucchini, Peppers and Pine Nuts

Veggie

25 Minutes



Penne



Zucchini



Crushed Tomato with
Garlic and Onion



Capers



Mixed Olives



Red Wine Vinegar



Honey



Pine Nuts



Parmesan Cheese,
shredded



Sweet Bell Pepper



Parsley

HELLO CAPERS

Small but powerful capers add a bold, briny, and salty flavour to this dish!

Start here

- Before starting, wash and dry all produce.

Bust Out

Colander, measuring spoons, small pan, strainer, small bowl, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Penne	170 g	340 g
Zucchini	200 g	400 g
Crushed Tomato with Garlic and Onion	370 ml	740 ml
Capers	15 g	30 g
Mixed Olives	60 g	120 g
Red Wine Vinegar	½ tbsp	1 tbsp
Honey	2 tbsp	4 tbsp
Pine Nuts	28 g	56 g
Parmesan Cheese, shredded	¼ cup	½ cup
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook pasta

Add **10 cups water** and **2 tsp salt** to a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain and return to same pot, off heat.



Toast pine nuts

While **sauce** cooks, heat a small pan over medium heat. When hot, add **pine nuts** to the dry pan. Toast, stirring, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl.



Prep

While **pasta** cooks, cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Drain **capers**, then pat dry with paper towels. Drain, then roughly chop **olives**. Core, then cut **pepper** into ½-inch pieces. Roughly chop **parsley**.



Finish pasta

Add **sauce**, **reserved pasta water** and **half the Parmesan** to the pot with **pasta**. Heat the pot over medium-high. Cook, stirring, until sauce thickens, 3-4 min.



Cook sauce

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil**, then **peppers** and **zucchini**. Cook, stirring often, until slightly softened, 2-3 min. Stir in **crushed tomatoes**, **olives**, **honey**, **half the capers** and **half the vinegar** (use all the vinegar and capers for 4 ppl). Season with **salt** and **pepper**. Bring to a gentle simmer, then reduce heat to medium. Cook, stirring often, until **veggies** are tender, 5-6 min.



Finish and serve

Divide **pasta** between plates. Sprinkle **parsley**, **remaining Parmesan** and **pine nuts** over top.

Dinner Solved!