



Orecchiette, Slow Roasted Tomato and Chilli with Pesto

Ingredients (Serves 10)

850g Orecchiette (2.7 Kilo cooked weight)
800g Cherry tomatoes
- Olive Oil
230g Pesto
15g Chilli, chopped
15g Garlic, chopped
65g Spring onion
250g Rocket leaves

Method

1. Preheat the oven to 160C.
2. Wash and drain the cherry tomatoes.
3. Add the garlic and drizzle with a little oil, season and roast for 15 minutes, or until softened slightly.
4. Meanwhile, cook the Orecchiette as per the packets instructions.
5. When cooked, drain and refresh under cold water. Drain again.
6. Cool the tomatoes when ready.
7. Add all of the ingredients together and lightly mix, season.
8. Top on the rocket leaves.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 401g Serving	% RNI	
Energy kJ	646	7%	2569	30%	
Energy kcal	154	7%	611	30%	
Fat	5.1g	7%	20.2g	28%	Med
Saturates	1.1g	5%	4.4g	22%	Low
Total Sugars	1.1g	1%	4.4g	4%	Low
Salt	0.10g	1%	0.30g	5%	Low
Protein	4.6g	-	22.5g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Wheat, Eggs, Milk, Nuts