

Linguine with Roasted Summer Veg



I love a simple pasta and especially when the bulk of the ingredients come from my own garden. My summer veg are in abundance right now so it is a no brainer that I incorporate them in to as many recipes as I can and I often find that roasting them brings out an amazing sweetness and intensity of flavour that is not present when frying or steaming. This was a really easy, healthy dish that the whole family will love.

If you wish to make this a vegetarian meal, leave out the anchovy fillets and season with salt and pepper to your liking.

Prep time: 15 Minutes
\$ Low budget

Cooking time: 30 Minutes

Serves 4

500gm of linguine

1 punnet of assorted heirloom baby tomatoes, halved

2 zucchini, halved and sliced into 1.5cm chunks

1 red onion, peeled and cut in to wedges

1 yellow capsicum, cut into chunks

1 tsp of chilli flakes

Grated zest of 1 lemon

Extra virgin olive oil for drizzling

Sea salt and pepper

4 anchovy fillets, finely chopped

2 cloves of garlic, thinly sliced

1 cup of pitted kalamata olives, halved

2 handfuls of baby rocket leaves

1 cup of basil leaves

Freshly grated parmesan and lemon wedges to serve

Pre heat the oven to 200°C

Place the zucchini, tomatoes, capsicum and red onion in a large lined baking tray. Drizzle with olive oil, sprinkle

over the chilli flakes and lemon zest, season with salt and pepper and toss to combine. Place in the oven for 25-30 minutes until the veggies are golden and tender.

Bring a large pot of salted water to the boil and cook the linguine according to packet instructions.

Heat a fry pan and add enough olive oil to cover the base of the pan. Add the anchovy fillets and garlic slices and cook for a minute or two until aromatic, being careful not to burn the garlic. Remove the veggies from the oven and add them to the pan with the olives and fry for a few minutes.

Drain the pasta, reserving half a cup of pasta liquid. Toss the rocket and basil leaves through the veg mixture and add the linguine to the pan with the pasta liquid. Drizzle over a little more olive oil and give the linguine a good toss before serving with freshly grated parmesan and lemon wedges.

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