

Foodnity Recipes

Creamy Roasted Veggie Pasta

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz penne or fusilli pasta
- [ ] 2 cups assorted seasonal vegetables (zucchini, bell pepper, cherry tomatoes)
- [ ] 2 tbsp olive oil
- [ ] 1 cup heavy cream or plant-based cream
- [ ] ½ cup grated Parmesan cheese
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and pepper to taste
- [ ] Fresh basil leaves, torn

Instructions

1. Preheat the oven to 425°F (220°C). Toss the chopped vegetables with olive oil, salt, and pepper; spread on a baking sheet.
2. Roast the vegetables for 15-20 minutes, turning halfway, until they are caramelized and fragrant.
3. Meanwhile, cook the pasta in salted boiling water until al dente; reserve ½ cup of pasta water before draining.
4. In a large skillet, whisk together the cream and Parmesan over low heat until smooth. Add the roasted vegetables and pasta, toss to coat, and stir in lemon juice. If needed, thin with reserved pasta water.
5. Finish with fresh basil, adjust seasoning, and serve immediately.

Nutrition per serving

420 kcal	15 g	48 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the vegetables are evenly spread to avoid steam pockets.
- For extra depth, drizzle a little truffle oil before serving.
- You can add a pinch of red pepper flakes for gentle heat.