

Foodnity Recipes

Roasted Red Pepper Pasta with Creamy Tuscan Sauce

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

Ingredients

The Base

- [ ] 12 oz dry fettuccine
- [ ] 2 medium red bell peppers (roasted and peeled)

For the Creamy Sauce

- [ ] 1 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1 cup low-fat chicken broth
- [ ] 3/4 cup grated Parmesan cheese
- [ ] 2 tbsp unsalted butter
- [ ] 1 tsp Italian seasoning
- [ ] 1/2 tsp crushed red pepper flakes
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 1/4 cup grated Pecorino Romano (optional)

For Garnish

- [ ] 2 tbsp chopped fresh basil or parsley, for garnish

Instructions

1. First things first, preheat your oven to 400°F (200°C). Cut those red bell peppers in half and nestle them on a baking sheet. Roast them for about 20 minutes—you're looking for the skins to blister and char just a bit. Once they're done, pop them in a bowl and cover it. Let them steam for 5 minutes; it makes it so much easier to peel off the skins, remove the seeds, and chop them into 1-inch pieces.
2. Now, let's start the sauce. Heat the olive oil in a 12-inch sauté pan over medium heat. Toss in the minced garlic and sauté for just 30 seconds. You want it fragrant, but be careful—garlic burns so quickly, and we don't want that bitter taste.
3. Stir those lovely chopped roasted peppers into the pan. Let them cook for about 2 minutes, just enough to warm through and mingle with the garlic.
4. Pour in the chicken broth and heavy cream. Bring it all to a gentle simmer—nothing too violent. Stir in your Italian seasoning, crushed red pepper flakes, salt, and pepper. Honestly, this is where the smell starts to get really wonderful.
5. Let the sauce simmer for 3–4 minutes. You'll see it thicken slightly as the flavors meld together.
6. Turn the heat down to low. Stir in the butter and Parmesan cheese, whisking constantly. It's so satisfying watching the sauce become silky and creamy. If you're using Pecorino Romano, fold it in now.

7. While that's finishing, bring a large pot of salted water to a rolling boil. Cook the fettuccine for 8–10 minutes until it's al dente. Now, here is the important part: reserve 1 cup of the pasta water before you drain it.

8. Drain the pasta and toss it right into the pan with the sauce. Add a splash of that reserved pasta water to get the consistency just right. Mix it thoroughly so every single strand is coated in that gold sauce.

9. Serve it up while it's hot. I love garnishing mine with chopped fresh basil or parsley, an extra sprinkle of Parmesan, and a little drizzle of olive oil or black pepper.

10. If you're feeling extra hungry, you can stir in bitefuls of grilled chicken or sautéed shrimp after the pasta is coated. Or, toss in some wilted spinach for a bit of color and nutrition. Yeah, it's a great way to sneak in some greens.

Nutrition per serving

680 kcal	28 g	52 g	34 g
Calories	Protein	Carbs	Fat

Tips & notes

- Reserved pasta water is the secret to a glossy sauce.
- Roasting peppers ahead of time can save you a bit of stress during the dinner rush.
- Don't forget to salt your pasta water generously; it's the only chance to season the noodles.