

Roasted Carrot Pasta

This roasted carrot pasta sauce is bright and vibrant. Roasted carrots are the star, adding a bright orange color and a natural sweetness. Serves 5-6.

Ingredients

- 450g /1lb fresh carrots
- 1 red or orange bell pepper
- 1 yellow onion
- 4 cloves garlic, unpeeled
- 2 Tablespoons olive oil
- 2 sprigs of fresh thyme, plus more for serving
- Salt and pepper
- 360g (1 1/2 cups) vegetable broth
- 2-3 Tablespoons finely grated parmesan cheese, plus more for serving
- Cream (optional)
- 450g / 1lb dried pasta of choice

Method

Preheat the oven to 400°F/200°C. Wash and chop the carrots into ¼ inch rounds. Peel the onion and chop it into quarters. Chop the pepper into quarters and remove the seeds. Arrange the vegetables in a single layer on a baking sheet

Add whole garlic cloves, still in their peel. Drizzle with olive oil and dot with fresh thyme leaves. Season generously with salt and black pepper.

Place the baking sheet in the oven and roast the vegetables for about 30 minutes or until they're tender and golden brown.

Once the vegetables are roasted, squeeze the garlic from its skin and discard the skin. Transfer the vegetables to a food processor. Add the vegetable broth and blend until very smooth. Taste and add a little salt or pepper if needed.

Meanwhile, according to the package directions, cook your favorite pasta until al dente in a large pot of salted water.

Transfer the sauce to a large skillet and place it over medium heat. Add the grated parmesan cheese, and stir until it completely melts into the sauce. Stir through cooked and drained pasta. Add a drizzle of cream to thin the sauce if desired, and stir it through.

Serve with an extra sprinkle of parmesan cheese and fresh thyme.