

Akdeniz Vegan Makarna

Fresh Mediterranean vegan pasta with roasted vegetables, herbs, and olive oil. Light, refreshing plant-based dinner ready in 40 minutes.

15 min

HAZIRLIK

25 min

PIRME

40 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

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Malzemeler

- 4.8 oz tomato
- 2 sprig rosemary
- 6 leaf sage
- 4 clove garlic
- 1 red onion
- 1 tbsp olive oil
- 8 cup water
- 1 tbsp salt
- 1 tbsp black pepper
- 16 oz egg free pasta

Yapılış

- Prepare for roasting**

Preheat oven to 180°C (356°F). Line a large baking sheet with parchment paper.
- Dice the onion into 1-inch pieces. Halve the cherry tomatoes and mince the 4 garlic cloves.
- Roast vegetables**

Combine the cherry tomatoes, onion, garlic, 2 rosemary sprigs, and 6 basil leaves on the prepared baking sheet. Drizzle with 1 tablespoon olive oil and season with salt and pepper.
- Roast for 20-25 minutes until the vegetables are caramelized and the onions are golden brown at the edges.
- Cook pasta**

Bring 8 cups of salted water to a rolling boil in a large pot. Add the 16 oz pasta 10 minutes before the vegetables finish roasting.
- Cook the pasta for 10-12 minutes until al dente (tender but still firm to the bite). Reserve 1 cup of pasta water before draining.
- Combine and serve**

Toss the hot drained pasta with the roasted vegetables and remaining 1 tablespoon olive oil. Add pasta water 2 tablespoons at a time as needed to create a silky coating.
- Serve immediately while hot, garnished with fresh basil leaves if desired.

?puçlar?

Reserve 1 cup of pasta cooking water before draining - the starch helps create a silky sauce when tossed with olive oil.

Cut vegetables into uniform sizes for even roasting, keeping onions slightly larger as they shrink more during cooking.

Toss hot pasta with roasted vegetables immediately while both are warm to help flavors meld together.

Use the best quality extra virgin olive oil you can afford - it makes a significant difference in the final flavor.

Don't overcrowd the baking sheet when roasting vegetables, as this creates steam instead of caramelization.

Add delicate herbs like fresh basil or parsley after removing from heat to preserve their bright flavor and color.

Salt your pasta water generously - it should taste like seawater for properly seasoned pasta.