

Vegan Mediterranean Pasta

Fresh and flavorful Vegan Mediterranean Pasta with roasted vegetables, herbs, and olive oil. Ready in 40 minutes - perfect healthy weeknight dinner!

15 min

PREP

25 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 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

Instructions

1 Prepare for cooking

Preheat oven to 356°F (180°C). Bring 8 cups of salted water to boil in a large pot over high heat.

2 Prepare vegetables

Mince 4 garlic cloves. Chop 1 onion into small dice. If using whole tomatoes, cut into wedges; if using cherry tomatoes, leave whole.

3 Season vegetables for roasting

Place prepared tomatoes, diced onion, minced garlic, 2 sprigs rosemary, and 6 sage leaves on a large baking sheet. Drizzle with 1 tablespoon olive oil and season with salt and pepper. Toss until evenly coated.

4 **Roast vegetables**

Roast vegetables for 20-25 minutes until tomatoes are caramelized and onions are golden brown and tender.

5 **Cook pasta**

Add 16 oz pasta to the boiling water and cook according to package directions until al dente, typically 10-12 minutes. Reserve 1 cup of pasta cooking water before draining.

6 **Combine pasta and vegetables**

Transfer drained pasta to a large serving bowl. Add roasted vegetables and toss gently to combine. Add reserved pasta water, 2-3 tablespoons at a time, if mixture seems dry.

7 **Finish and serve**

Drizzle with remaining 1 tablespoon olive oil and season with salt and pepper to taste. Serve immediately while hot.

Tips

Choose ripe, in-season tomatoes for the best flavor. If fresh tomatoes aren't available, high-quality canned whole tomatoes work well too.

Don't overcrowd the baking tray when roasting vegetables. Use two trays if necessary to ensure proper caramelization.

Save a cup of pasta cooking water before draining. The starchy water helps bind the vegetables to the pasta beautifully.

Let the vegetables rest for 2-3 minutes after roasting before tossing with pasta. This prevents the pasta from becoming mushy.

Use the best quality extra virgin olive oil you can afford, as it's a key flavor component in this simple dish.

Fresh herbs make a significant difference. If you only have dried herbs, use half the amount and add them to the vegetables before roasting.

Taste and adjust seasoning at the end. A squeeze of fresh lemon juice can brighten the entire dish.

For deeper flavor, roast the garlic in its skin and squeeze out the sweet, caramelized cloves before mixing.