

Roasted Vegetable Pesto Pasta (Low FODMAP)

Vibrant roasted peppers and zucchini tossed with gluten-free pasta, creamy mozzarella, and homemade basil-pine nut pesto for a satisfying weeknight dinner.

Prep: 15 min

Cook: 40 min

Total: 55 min

Servings: 4

Low FODMAP ✓

Ingredients

about 2 medium peppers (any color), deseeded and cut into 2.5cm chunks bell peppers

1 medium, cut into 2.5cm chunks zucchini

halved cherry tomatoes

for roasting vegetables olive oil

Italian seasoning or herbs de Provence dried mixed herbs

freshly ground black pepper

penne, fusilli, or your preferred shape gluten-free pasta

roughly chopped, about 2 cups packed fresh basil leaves

roughly chopped, about 1/4 cup fresh chives

lightly toasted if desired pine nuts

finely grated Parmesan cheese

from 1 lemon lemon zest

freshly squeezed lemon juice

for pesto olive oil

torn into bite-sized pieces fresh mozzarella

for pasta water and seasoning salt

Instructions

Step 1: Prepare and roast the vegetables

(5 min)

Preheat your oven to 190°C (375°F/Gas Mark 5). Arrange the bell pepper chunks, zucchini pieces, and halved cherry tomatoes on a large rimmed baking sheet in a single layer. Drizzle generously with the 2 tablespoons of olive oil, ensuring all vegetables are lightly coated. Season with freshly ground black pepper and sprinkle the mixed herbs evenly over everything. Slide the tray into the preheated oven and roast for 30 to 40 minutes, until the vegetables are tender, caramelized at the edges, and beginning to char slightly.

Step 2: Make the fresh basil pesto

(8 min)

While the vegetables are roasting, prepare the pesto. In a food processor, combine the roughly chopped basil, chives, pine nuts, grated Parmesan, lemon zest, and lemon juice. Pulse several times to break down the ingredients. With the processor running, slowly drizzle in the 150ml of olive oil through the feed tube until the mixture forms a smooth, vibrant green sauce. Taste and adjust seasoning if needed, though the Parmesan should provide enough saltiness. Set aside at room temperature.

Step 3: Cook the pasta

(12 min)

About 15 minutes after the vegetables go into the oven, bring a large pot of salted water to a rolling boil. Add the gluten-free pasta and cook according to package directions until al dente, typically 8 to 12 minutes depending on the brand and shape. Gluten-free pasta can become mushy quickly, so check it a minute or two before the suggested time. Reserve about half a cup of pasta cooking water before draining, then drain the pasta thoroughly in a colander.

Step 4: Combine and finish the dish

(5 min)

When the roasted vegetables are beautifully caramelized and tender, remove the baking sheet from the oven. Immediately scatter the torn mozzarella pieces over the hot vegetables, allowing them to soften and begin melting from the residual heat. Add the drained pasta directly to the baking sheet and gently toss everything together, letting the mozzarella create creamy strands throughout. Add pesto to taste, starting with about half and adding more as desired. If the mixture seems dry, add a splash of the reserved pasta water to help the pesto coat everything evenly. Serve immediately while the mozzarella is still melty and the vegetables are warm.