

Vegetable Pasta

Serves 4

Preparation and cooking time approx. 20 minutes

Ingredients

- 300 grams pasta
- 2 tablespoons vegetable oil
- 1 pepper deseeded and cut into roughly 2cm chunks
- 1 courgette trimmed and cut into roughly 2cm chunks
- 1 x 400-gram tin of chopped tomatoes
- 1 onion trimmed and sliced
- ¼ tsp dried chilli flakes/ Cayenne pepper
- 2 large handfuls spinach leaves
- salt and pepper
- grated cheddar to serve (optional)

Method

1. Cook pasta accordingly to packet instructions
2. While the pasta is cooking, heat 1 tablespoon of the oil in a large frying pan over a medium heat and fry the pepper, courgette and tinned tomatoes for 5 minutes, stirring occasionally add spring onions and cook for 4–5 minutes, or until all the vegetables are soft.
3. Add the chilli flakes or spice, Stir in 1 spoonful of the hot pasta cooking water and season with salt and pepper.
4. Drain the pasta then return to the saucepan and add the vegetables and spinach leaves. Toss together over a low heat for 1–2 minutes, or until the spinach softens. Divide between two shallow bowls and serve topped with grated cheddar if you like.
5. **Please ensure vegetable pasta is served piping hot**

Notes

You can change the type of vegetables to suit your needs, peas, aubergine, onions, sweetcorn etc.

PLEASE BE AWARE OF THE SAFETY ASPECT, AND KEEP YOUR CHILDREN AWAY FROM HOT PANS AND OVENS

