

Pasta with Fresh Vegetable & Tomato Sauce

Serves 2 – 3

Ingredients

1	Courgette (grated)
½	Carrot (grated)
1	Red pepper (diced)
1	Onion (diced)
2	Garlic cloves (finely chopped) or 1 t minced garlic
3	Tomatoes or 1 can of tomatoes
1 T	Oil
2 slices	Bacon (diced)
1 t	Oregano (dried)
1 t	Vegetable stock powder or salt and pepper to season
150 g	Dried pasta



To serve:

Fresh basil leaves

80 g Tasty cheese

Method:

Wash and trim ends off carrots and courgettes. Grate.

Cut red peppers in half, remove seeds and slice thinly.

Peel and finely chop onion and garlic.

Blanch raw tomatoes in boiling water for 1 minute. Plunge into chilled water and peel away skins. Chop tomatoes roughly.

Finely slice the bacon.

Heat oil in a fry pan (moderate heat) and sauté onion for 2 minutes. Add diced bacon and garlic cook for a further 3-4 minutes.

Add diced tomatoes, red peppers, dried oregano, grated vegetables and simmer until sauce has thickened. Add torn basil leaves.

Cook dried pasta as per recipe above.

To serve: Place drained pasta in bowl, pour over vegetable sauce, top with grated cheese and torn basil leaves.

Variations: Add seasonal vegetables such, mushrooms, pumpkin and eggplant to add variety