

Pasta with warm spiced vegetables

This pasta is rich in warm flavour and a tasty way to get one of your '5-a-day'

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Serves 6

Ingredients:

500g wholewheat spaghetti, tagliatelle or pappardelle

1 large red onion, sliced

1½ tbsp extra virgin olive oil

½ tsp each ground ginger, coriander, paprika & cinnamon

¼ tsp each turmeric & chilli flakes

1 clove garlic, crushed

3 carrots, sliced into matchsticks

3 orange, red or yellow peppers, sliced into strips

3 medium tomatoes, roughly chopped

30g pine nuts

Grated Parmesan cheese to serve



Method:

1. Begin to cook the pasta as per packet directions. Heat the olive oil in a large skillet pan on low heat. Add the onion and stir until it starts to cook. Add the spices and garlic to the pan and give it another stir before leaving it to sizzle. Add the vegetables and continue to stir while you bring the pan up to medium heat. Add the tomatoes and pine nuts and continue to stir until the veg is almost cooked and the tomato is a bit mashed up.
2. Drain the pasta and add to the vegetables. Fold it all together and top with Parmesan cheese to serve.

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