

ROASTED VEGETABLE PASTA



Prep Time: 15 mins

Cooking Time: 50 mins

Serves: 4 Adults

Ingredients

- 1 red onion, cut into wedges
- 1 red pepper + 1 yellow pepper, sliced
- 1 courgette, sliced
- 3 cloves of garlic (leave them unpeeled)
- 20 ml of olive oil
- pepper and salt
- 1 tsp of sugar
- 400 g tin of tomatoes
- 200 g pasta



What you will need

- Chopping board
- Chopping knife
- Mixing bowl
- Wooden spoon
- 2x baking trays
- Saucepan
- Grater



Method

1. Preheat the oven to 160°C / 325°F / Gas Mark 3.
2. Place all the sliced vegetables and garlic into a large bowl. Pour in the oil, and add the salt, pepper and sugar. Mix the vegetables to ensure they are coated in the oil.
3. Spread the vegetables onto 2 baking trays and roast them in the oven for 45 mins or until soft and turning golden, stirring occasionally. Add the tomatoes to the baking trays for final 20 mins of the cooking time.
4. Cook the pasta in boiling water according to packet instructions.
5. Drain the pasta and then return it to the saucepan, along with the roasted vegetable and tomato mixture. Stir and cook gently for 2 to 3 minutes.
6. Divide into 4 bowls to serve. Option to sprinkle some Parmesan on top when serving. Option to eat 1 portion for lunch/dinner then freeze the others for another day!