



Vegetarian One Pot Pasta



4 servings



30 minutes

INGREDIENTS

1 Large onion
2 Garlic cloves
1 Bell pepper, finely chopped
8 Large mushrooms, chopped
1 Courgette, chopped into 1cm cubes
1 Tin of chopped tomatoes
1 500g bag of uncooked pasta
Cup of chopped spinach
Half a block of Feta or Ricotta Cheese
2 Tsp dried Basil, Oregano and Thyme
1 Tsp Chilli Flakes
Salt + Pepper
Olive Oil
1 Litre vegetable Stock
Tomato Paste

NOTES

You can use any shape of dried pasta.
Substitute spinach for kale.

DIRECTIONS

1. Finely chop your onion + Place in a small bowl.
2. Grate the garlic and add into the same bowl.
3. Finely chop your pepper and place in a large bowl.
4. Chop your courgette into 1cm cubes and chop your mushrooms - add to the same bowl as the peppers.
5. Boil kettle + dissolve stock cubes.
6. Measure out your dried herbs, salt, pepper and chillies and place in a small bowl.
7. Heat oil in a pan. Then add onion + garlic and cook for 3-4 minutes until the onions start to soften.
8. Add the herbs and cook for further 2 minutes.
9. Add your peppers, courgette + mushrooms. Cook for another 5 minutes coating everything thoroughly.
10. Stir in the dried pasta, stock, tomato paste and tinned tomatoes. Stir well.
11. Bring to a light simmer and cook uncovered until the pasta is al dente (around 14 minutes)
12. Chop the spinach and stir through once the pasta is cooked.
13. Season to taste & serve with garlic bread.