

OUR RECIPE

Roasted Vegetable Pasta Bake (serves a family of 4-5)

INGREDIENTS

- Cooking oil 1 tbsp
- Sweet potato 283 gr or 10 oz
- Red onions sliced 283 gr or 10 oz
- HC3S tomato sauce 425 gr or 15 oz (see recipe)
- Frozen or tinned Sweetcorn 283 gr or 10 oz
- Chopped parsley 1 tbsp
- Dry pasta shapes of your choice 354 gr or 12 ½ oz
- Additional extra if you wish:
Grated Cheddar Cheese 283 gr or 10oz



METHOD

1. Make tomato sauce
2. Dice sweet potato and bring to boil for 10 minutes, drain well
3. Put cooking oil in baking tin, add sweet potato, red onion, pepper and courgette
4. Roast until golden and tender
5. Put homemade tomato sauce into a saucepan, add sweetcorn and bring to the boil
6. Cook pasta in rapidly boiling water for approximately 10 minutes
7. Drain well
8. Add homemade tomato sauce and sweetcorn and stir in roasted vegetables
9. Sprinkle with cheese if preferred and bake in the oven for 20 mins