

Roasted Vegetable Pasta

Serves 6

INGREDIENTS

- 150g sweet potato, finely diced
- 6 ml oil
- 100g mixed peppers, finely diced
- 270g courgettes, finely diced
- 200g red onions, finely diced
- 1 garlic clove, grated
- 24g tomato puree
- 200g chopped tomato
- 100ml vegetable stock
- 1/2 tsp mixed herbs
- 180g sweetcorn
- 3g parsley
- 210g pasta, of your choice



The pasta, tomato sauce and roasted vegetables can be served separately if required.

METHOD

1. Put two thirds of the cooking oil in baking tin, add finely diced vegetables. **We're using sweet potato, peppers, courgette and onion but mix and match your favourites!**
2. Roast the vegetables at 180 °C/ gas mark 4 for 25 minutes.
3. Put the grated garlic into a saucepan with the remaining oil, add the tomato puree, the chopped tomatoes, herbs and half of the stock, stir well and bring to the boil.
4. Add the remaining stock slowly then add the sweetcorn and simmer.
5. Cook the pasta in boiling water for approximately 10 minutes and drain well.
6. Mix pasta, tomato sauce and roasted vegetables and serve. Sprinkle with chopped parsley to finish.

Serving suggestion- sprinkle grated cheese over your pasta dish or serve with garlic bread and steamed vegetables.