

SPAGHETTI WITH COURGETTE, CHILLI AND TOMATO



A quick vegan pasta dish packed full of flavour.

- Serves 3
- Prep 10 minutes
- Cook 10-15 minutes



Each 215g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
319	55.0g	11.2g	12.1g	3.2g	0.5g	7.7g	0.03g	1

Ingredients

225g wholewheat spaghetti

1 tsp rapeseed oil

1 courgette, quartered lengthways, then chopped

1 clove garlic, crushed

1 red chilli, finely chopped

300ml passata

2 tbsp chopped fresh parsley

Method

- Step 1**
Cook the pasta according to the pack instructions. Drain and return to the pan.
- Step 2**
Meanwhile, heat the oil in a non-stick pan, add the courgette, garlic and chilli and fry for 3–4 minutes. Add the passata, bring to the boil and simmer for 5 minutes.
- Step 3**
Stir the sauce and the parsley through the pasta and serve.

Recipe tips

- ✓ If you don't have passata, then blend tinned tomatoes to a pulp with a tablespoon of tomato purée.