

Easy Peasy Pasta

Inspired by: Bosh!

It's an effortlessly simple vegan pasta sauce that can be made with minimal effort, since it's mainly just roasted vegetables. It's a regular supper at BOSH! HQ. It's fresh, filling and gives you loads of your daily vegetables in one lavish meal. Try serving it up with a side salad and some crusty bread. If you're looking for a simple pasta dish, easy enough for a beginner vegan chef this is a great one to start with. A brilliant veggie lunch idea and healthy vegan recipe too!

INGREDIENTS

- 2 red onions
- 4 garlic cloves
- 2 red peppers
- 3 ½ ounces sun-dried tomatoes
- 2 cups baby leaf spinach
- 4 Tablespoons capers
- 2 small zucchini
- 3 ½ ounces pitted Kalamata olives
- 1 lb cherry tomatoes
- 1/4 cup or less oil 😊 (ideally from the sun-dried tomato jar!)
- 1 ½ cups tomato sauce. puree is thicker. You can get tomato paste and simply add a few tablespoons of water. I loved the 'in between' sauce
- 11 oz fusilli noodles- fusilli noodles also come in rice – gluten free...
- 1 ½ GENEROUS cups of basil leaves. add on a little more for garnish
- salt and black pepper to taste

Directions

1. Preheat oven to 350°
2. Peel and finely slice the onions and garlic. Cut the bell pepper into thin strips. Slice the sun-dried tomatoes. Finely chop the spinach leaves and capers and chop the zucchini into bite-sized chunks. Halve the olives and tomatoes.

GARDEN O'VEATEN

COME FIND YOUR INNER PEACE

3. Put all the vegetables into the 9 x 13 lasagna dish and season all over with salt and pepper. Pour the oil and passata (Tomato sauce) and stir to ensure all the vegetables are covered. Cover the dish with foil or another method, and put it in the oven to roast for 30 minutes.
3. Take the dish out of the oven, remove the foil, stir everything, and put the dish back in the oven for a further 15 minutes.
4. Meanwhile, bring a large pan of water to boil over high heat. Add the pasta and a pinch of salt and cook until al dente ...do NOT overcook, follow the instructions on the packet. Drain the cooked pasta through a colander; run cold water over the pasta to HALT COOKING.... and tip it back into the pan.
5. Take the veggie dish out of the oven, stir in the basil leaves and pour your freshly roasted veggie sauce over the pasta. Stir so that it's well mixed, serve and enjoy!