



20 mins

Allergens



Dinner Recipe Vegetarian mediterranean Pasta (Hob)

Utensils



Wooden Spoon



Frying Pan



Saucepan



Chopping board and sharp knife



Colander

You will need...



90g wholewheat penne pasta



100g chopped tomatoes



1/2 red pepper



salt & pepper



1/3 aubergine



1/2 onion

- 1 Turn on the hob to a high heat and put a saucepan half filled with water on top



- 2 Bring to the boil and add the pasta



- 3 Give the pasta a quick stir to prevent sticking together. Boil for 10 minutes



- 4 Chop the aubergine, pepper and onion into small chunks



- 5 Turn on the hob to a medium/high heat and put a frying pan on top. Pour in 1 Teaspoon of olive oil and allow to get hot



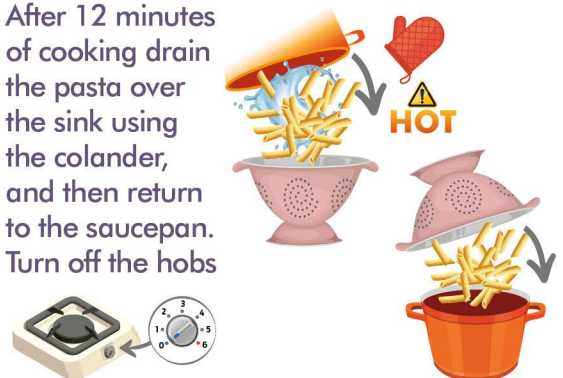
- 6 Place all the cut up vegetables into the frying pan and fry for 5 minutes



- 7 Add the chopped tomatoes and mix in well, cook for a further 2 minutes.



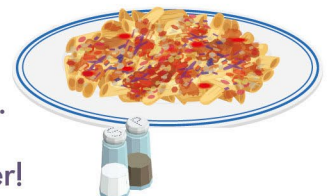
- 8 After 12 minutes of cooking drain the pasta over the sink using the colander, and then return to the saucepan. Turn off the hobs



- 9 Tip the vegetables to the saucepan and mix in well with the pasta



- 10 Pop on a plate and season with salt and pepper...



Enjoy your Dinner!