



RECIPE

Red Pepper Pasta



NOURISH
FOOD SCHOOL



FareShare
North East

THIS RECIPE WAS CREATED BY
THE BANK, CHOPWELL
SALVATION ARMY GATESHEAD
WHITLEY BAY BIG LOCAL

RECIPE

Red Pepper Pasta

MAKES
4 servings

LEVEL
Easy

TIME
15 minutes

INGREDIENTS

- 1 large onion, finely sliced
- 2 pointed red peppers, sliced into finger-length strips
- 2 cloves of garlic, finely chopped
- a handful of broccoli florets, chopped into small pieces
- 1 tin of tomatoes
- 1 teaspoon smoked paprika
- a pinch of chilli flakes (optional)
- 1 tablespoon of creme fraiche
- 300g pasta, any kind

HOW TO MAKE IT

1. Prepare the onion, pepper, garlic and broccoli to the stage described in the ingredients list.
2. Heat a splash of oil in a pan on a low heat and gently fry the onion for 5 minutes.
3. Add the peppers and cook for another 5 minutes until softened.
4. Stir in the garlic, paprika and chilli flakes for 1 minute before then adding the tinned tomatoes and a 1/2 tin (200ml) of water.
5. Simmer for 15 minutes with a lid partially on to thicken the sauce. Once cooked, reduce the heat as low as possible and stir in the creme fraiche for a creamier sauce.
6. Whilst the sauce is cooking, add the pasta to a pan of boiling water, boil for 5 minutes then add the broccoli and continue to boil for another 5-10 minutes until the pasta is cooked.
7. Drain the cooked pasta and add it into pan with the sauce. Stir well to coat all the pasta then serve!

Make your meal well balanced with a big green salad!

INGREDIENT SWAPS	STORE IT
SWAP pointed pepper FOR any other pepper or vegetables such as courgette and fresh tomatoes	Portion the sauce into bags or boxes before mixing it with the pasta.
SWAP creme fraiche FOR cream or leave it out completely.	You can keep it in the fridge for 3 days or freeze for up to 3 months