

PASTA ALLA RELISH

RECIPE BY: SHANNON WILLOWS



VEGAN



GLUTEN FREE

DIFFICULTY: EASY

TIME: 20 - 30 MINUTES

SERVES: 1 - 2

This meal is wholesome & full of plant-based deliciousness, perfect for meat-free Monday. A fun twist on your classic pasta dish and using chickpea pasta is high in protein, great for your gut and for your health!

METHOD

Preheat the oven to 200 degrees. Cut the tomato in quarters and place the tomato and red bell pepper in a baking dish with oregano, olive oil, salt and optional chilli flakes. Cook it in the oven for 40 mins. While the tomato and red pepper is in the oven, cut the aubergine into slices and fry the aubergine in olive oil until it starts to caramelize. Remove the tomato and red pepper from the oven and blitz together with tomato puree. Add the sauce to the aubergine and cook with vegetable stock for 10 mins. While the sauce is cooking, heat the pasta as per packet instructions. Place the pasta in the bowl, top with the homemade sauce & sprinkle with seeds, salt, pepper and enjoy.

INGREDIENTS

- 40 g chickpea pasta e.g. happy earth people
- 1 large whole fresh tomato
- 1/2 red bell pepper
- 1 tsp oregano
- 1 Tbsp tomato puree
- 1/2 - 3/4 cup vegetable stock
- Half a medium-sized aubergine
- Salt & pepper to taste
- Sprinkle of seeds of choice
- Chilli flakes, optional