



Stir Fry Vegetable Pasta (Serves 4)

This recipe is really quick and easy to make. Great for a day when you want something nutritious but don't have much time.

Ingredients

- 300g pasta
- 1 pepper or 150g frozen pepper (could be swapped for another veg like carrots or courgettes)
- 1 onion chopped or 100g frozen onions (could be swapped for red onion)
- ¼ jar red pesto (could also use green pesto)
- 1 tsp garlic paste (if unavailable can be left out)
- 1 tbs oil
- Pinch of salt and pepper

Method

1. Boil water in pan and add pasta, cook for 10-12 mins or according to packet instructions
2. Add oil to frying pan and heat
3. Add peppers and onions and cook for about 5 minutes until soft
4. Add garlic paste and stir, season with salt and pepper to taste
5. Drain pasta, add pesto to hot pasta then stir in veg

Nutrition

Starchy foods such as pasta provide a slow release of energy throughout the day. If possible choose whole wheat versions as they contain more fibre. Red, yellow and orange bell peppers are a great source of vitamin C, potassium and vitamin A. Vitamin A helps your body's immune system work properly and helps with our vision in dim lighting.

Nutrition per portion - 238g

Energy 390kcal	Fat 8.8g	Saturates 1.2g	Sugars 5.7g	Salt 0.3g	Protein 11.6g	Carbs 63g	Fibre 6.1g
20%	13%	6%	6%	5%	23%	24%	-

% of an adult's reference intake

Please Note: Altering the ingredients will change the nutritional content of the meal

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