

RECIPE

Super Veggie Pasta



Ready in **10-25 minutes**

Serves **6 people**

Ingredients

- 2 Red Peppers, quartered and deseeded.
- 2 Tablespoons of Olive oil.
- 1 Fennel Bulb, Roughly chopped
- 1 Large carrot, Roughly chopped
- 1 Onion, Roughly Chopped
- 2 Garlic cloves, Crushed
- ¼ tablespoons crushed chillies if preferred
- 1 tablespoon Fennel seeds
- 2 Tablespoons of tomato purée
- 400g can chopped tomatoes
- 600ml Vegetable stock
- 1 Tablespoon caster sugar
- Small handful of basil, leaves shredded
- 500g bag fresh egg pasta, cooked

Preparation

1. Heat the grill and pop the peppers, skin-side up, underneath for 10 mins or until beginning to char. Transfer to a bowl, cover and set aside. When cool enough to handle, peel off the skin and cut the flesh into strips.
2. Heat the oil in a large saucepan and cook the fennel, onion and carrot for 8-10 mins until softened. Stir in the garlic, crushed chillies, fennel seeds and tomato purée, cook for 2 mins, then add the canned tomatoes, stock and sugar. Simmer, uncovered, for 15 mins or until the vegetables are completely soft.
3. Take out a couple of spoonfuls of the sauce (this will later add texture), then blend the rest in the saucepan until almost smooth with a stick blender. Simmer for 5 mins to thicken, then stir in the reserved sauce, shredded basil and peppers. Serve with the pasta.

Tips

PASTA SAUCE

This sauce freezes well and is really versatile so it's worth making a double batch, then jazzing it up by adding olives or prawns. If your children don't like the vegetable bits, you can just blend the whole thing.