

Vegetable and Black Bean Pasta

Serves: 2

Prep time: 15 minutes

Cook time: 15-20 minutes



3 serves per portion

Ingredients

- ¾ cup uncooked pasta (penne or spirals)
- 1 tablespoon olive oil
- ½ small onion, thinly sliced
- 1 garlic clove, minced
- ½ small zucchini, sliced
- ½ red capsicum, thinly sliced
- 4 mushrooms, sliced
- Salt and pepper to taste
- ½ teaspoon Italian herbs
- 1 tablespoon tomato paste
- ¼ cup passata
- 250g canned black beans (equivalent to 2 small cans)
- 1 small tomato, chopped
- 2 tablespoons parmesan, grated
- 2 teaspoons fresh parsley, finely chopped

Method

COOK pasta according to packet instructions. Drain and set aside.

HEAT frying pan over medium high heat and add oil once hot.

ADD onion and fry for 5 minutes or until softened. Add garlic and fry for a further 1-2 minutes, until fragrant.

ADD zucchini, capsicum, mushrooms, salt and pepper and Italian herbs and stir well. Cook for 5 minutes or until vegetables are tender.

ADD the tomato paste, passata and beans and stir well. Cook for 5 minutes or until sauce has heated through.

STIR in the cooked pasta and parmesan and remove from heat.

SPRINKLE with fresh parsley before serving.



Everyday Food

Recipe courtesy of the Country Kitchens team