

Spinach and Tomato Pasta



Baked ziti and garlic bread by Ryan Scott is licensed under CC BY 3.0.

Ingredients

- 500g penne pasta
- 200g mushrooms, chopped
- 2 cans chopped tomatoes
- 1 red bell pepper, chopped
- 1 onion, chopped
- salt and black pepper
- 2 garlic cloves, crushed
- mixed herbs
- 2 handfuls of baby spinach
- grated parmesan to serve

Why not try?

- Crushed chillies
- Paprika

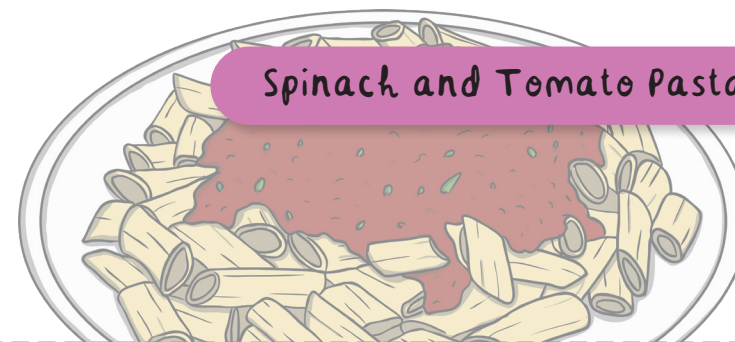


Method

1. Fry the chopped onion with a small amount of oil at a high heat, until soft and cooked through.
2. Add the pepper, mushrooms and garlic to the frying pan, until all cooked through as well.
3. Turn down the heat and add the two cans of chopped tomatoes, so that the sauce is simmering. Season with salt and pepper.
4. Add a sprinkle of mixed herbs. If you want to add crushed chillies and/or paprika, add this now. The more you add, the spicier the dish will be, so keep this in mind! Leave the sauce to simmer, stirring occasionally.
5. Boil a saucepan of water and add the pasta.

More on the next page

- Once the pasta is cooked through, drain the water using a colander.
- Combine the pasta and the tomato sauce in whichever pan is larger.
- Serve the pasta into bowls, sprinkle some parmesan and enjoy!
Serve with salad and/or garlic bread if you wish.



Nutrition Value per Serving

kcal	fat	sat fats	carbs	sugars	fibre	protein
293	2.3g	0.3g	53.1g	4.1g	1.8g	12g

Fun Facts

- Pasta originated in Italy and there are now over 350 different shapes of pasta around the world!
- Pasta is a type of carbohydrate, which give us lots of energy to keep us going throughout the day.
- Peppers are a good source of **vitamin C** which is really important to maintain healthy skin and bones.
- Spinach is high in **vitamin K** which helps our blood to clot. So when we cut ourselves and we bleed, vitamin K will help the blood to stop coming out.

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