

Whole Wheat Spaghetti with Vegetables



Recipe By Jaxters

Ref: 762

Heading: Pasta

Cuisine: Italian

Food Type: Vegan

No of Portions: 4

Ingredients & Prep

250 g Whole Wheat Spaghetti

200 g Broccoli florets small

200 g Frozen Peas

200 g Courgette cut into slices

2 Garlic cloves grated

1 Onion chopped

2 tbsp Light soy sauce

1 Veg stock or gel pot

500 ml Water

1/2 tsp Freshly ground black pepper

2 tbsp Olive Oil

Suggestion & Tips

You can use other veg of choice.

Method

Step 1 - Place water, stock cube & soy sauce into a saucepan, bring to the boil then blanch broccoli & peas for 3 mins, then remove with a slotted spoon & set aside, keep stock water.

Step 2 - Cook pasta in a salted boiling water as per instructions.

Step 3 - Heat a large frying pan over a med heat, fry courgette slices for 3 to 4 mins per side until light brown, remove then add onion & garlic, fry for 3 mins until soft, add blanched veg & courgette, salt & pepper, add some of the stock water to make a thin sauce, transfer cooked past onto the pan, toss & serve.