

Tomato Asparagus & Basil Penne



Recipe By Jaxters

Ref: 776

Heading: Pasta

Cuisine: Italian

Food Type: Vegan

No of Portions: 4

Ingredients & Prep

250 g Dried Penne Pasta

450 g Fresh asparagus cut into 5cm pieces

400 g Cherry tomatoes cut in half

150 g Vegan Parmesan grated (optional)

3 Garlic cloves finely chopped

1/2 tsp Dried basil

1/2 tsp Dried oregano

1/2 tsp Freshly ground black pepper

1/4 tsp Salt

3 tbsp Olive oil

Garnish

sprinkle Fresh basil leaves

sprinkle Extra virgin olive oil

Suggestion & Tips

Have with a salad. You could add a little Balsamic vinegar or chilli if you like it.

Method

Step 1 - Cook pasta as per instructions in salted water until al-denti, meanwhile, timing is needed here as you need to get pasta to al-denti stage when veg is ready.

Step 2 - The veg, heat a frying pan or wok (best) on a med heat, add the oil & garlic & fry for 30 seconds, then add tomatoes, asparagus, dried basil, oregano, salt & black pepper & stir fry tossing for 3 to 4 mins until soft, then add cooked pasta & toss altogether & cook for another minute, then serve & garnish.