

Tomato and vegetable pasta

Serves 4 🕒 Prep: 10 mins | Cook: 20 mins

An easy family recipe, made with ingredients bought by your Best Start Foods card. Helping you serve a balanced diet on a balanced budget.

Ingredients



300g dried wholewheat pasta (penne, fusilli or similar)



1 tbsp olive or rapeseed oil



1 medium onion, finely chopped



2 garlic cloves, finely chopped



1 medium carrot, diced



1 courgette, diced (or use frozen mixed veg)



1 red pepper, diced



150g frozen spinach or peas



1 x 400g tin chopped tomatoes



1 tbsp tomato purée



1 tsp dried oregano (or mixed herbs)



Pinch of chilli flakes



Salt and black pepper, to taste



Small bunch fresh basil or parsley, chopped



Grated reduced-fat cheese, to serve (optional)



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Method



1. Cook pasta

Bring a large pan of water to the boil. Add the pasta and cook according to pack instructions until slightly firm. Drain, reserving $\frac{1}{2}$ cup of cooking water.



2. Cook vegetables

While the pasta cooks, heat the oil in a large pan. Add the onion, garlic, and carrot, and cook for 4–5 minutes until beginning to soften.



3. Add more veg

Stir in the courgette and pepper (or mixed frozen veg) and cook for another 3–4 minutes.



4. Make the sauce

Add the tinned tomatoes, tomato purée, oregano, and chilli flakes if using. Season with black pepper and simmer for 8–10 minutes until thickened. Add a splash of the pasta cooking water if needed.



5. Add greens

Stir in the frozen spinach or peas and cook for 2–3 minutes until heated through.



6. Combine and serve

Toss the drained pasta through the sauce, adding a little reserved pasta water if needed to loosen. Scatter with fresh herbs and a sprinkle of cheese, if liked.

This recipe was created by professional MasterChef winner and Scotland's National Chef, **Gary Maclean**

Gary Maclean



Scan to watch Gary prepare the recipe



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