

Red Pepper Pasta

Method

Step 1

Boil your pasta as per packet instructions.

Step 2

Whilst the pasta is boiling, pour the olive oil into a frying pan, on a medium heat cook together the bacon, peppers, onion, and garlic until the vegetables are soft and the bacon is cooked.

If you want to cook a vegetarian/vegan option, bake the butternut squash, and add into the pan once the vegetables are soft.

Add your pine nuts once all is cooked.

Step 3

Once the pasta is boiled bring the pan to a low heat. Then, drain the pasta and add to the pan of cooked ingredients and mix them together. Add the chopped tomatoes, salt, cayenne pepper, sugar, paprika and mixed herbs. Mix it all together and leave to simmer for 5 minutes.

Step 4

Add the spinach until wilted and mix. Then serve up hot and ENJOY!

Ingredients

- 120g wholemeal fusilli pasta
- 200g chopped bacon or butternut squash
- 2 x roughly chopped red pepper
- 2 generous handfuls of spinach
- Half a finely chopped onion
- 1 handful of pine nuts
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 can of chopped tomatoes or home diced
- 1 tsp salt
- 1 tsp cayenne pepper
- A pinch of sugar
- 1 tsp paprika
- 1 tsp of mixed herbs



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