

Vegetable Pasta

Vegetable Pasta is an easy, balanced meal and can be made with any choice of vegetables!

Cooking Aims:

To know how to safely cut soft and hard foods.

Ingredients:

- 240g pasta (any shape)
- 1 can chopped tomatoes
- Baby Sweetcorn
- Courgette
- Baby Mushrooms
- 1 Pepper
- Basil
- 1 Ball Mozzarella
- Brown Onion
- Tomato Puree
- Garlic Puree
- Vegetable Stock Cube



What we need to do:

1. Prepare the baby sweetcorn, courgettes, onions and pepper using the claw method. Slice these vegetables into small pieces.
2. Use the bridge method to chop the mushrooms into small chunks.
3. Add the onions to a pan with some olive oil and a tsp of garlic puree. Sautee the onions until they are soft and translucent.
4. Add the mushrooms to the pan and continue sauteing.
5. Tear the basil into small pieces.
6. Add the rest of the vegetables to the pan along with the pasta, 400ml vegetable stock and basil. Place the lid on the pot and turn up to a medium-high heat and allow to boil. When it is boiling, turn the heat to a medium-low heat and stir occasionally until the pasta is tender.
7. Tear the mozzarella into small chunks.
8. Once the pasta is tender, add the chopped tomatoes and 2 tbsp tomato puree and stir to combine. Top with mozzarella and put the lid back on the pot until the cheese is melted. Then serve.