

Faster Pasta



Add canned tuna, or diced chicken for a protein punch



Ingredients

- 1 brown onion
- 4 garlic cloves
- Spray oil
- 3 teaspoons salt-reduced vegetable stock powder
- 7 cups water
- 500g penne pasta
- 1 broccoli
- 2 carrots
- 1 red capsicum
- 1 punnet cherry tomatoes



- 100g reduced fat cheese
- 1 bunch fresh basil
- 125g extra light cream cheese
- Pepper

Equipment

- Frypan or large pot
- Knife
- Measuring cups
- Chopping board
- Grater
- Large spoon

How to make it



1. Finely dice onion and garlic. Heat pan and spray with oil. Cook onion and garlic for 2-3 minutes.



2. Add stock powder and water, bring to the boil. Once boiling, add pasta and cook for 10 minutes.



3. Meanwhile, chop broccoli, carrot, capsicum and cherry tomatoes into small pieces. Add to pasta. Cook for 5 minutes or until vegetables are slightly soft.



4. Grate cheese and chop basil leaves. Add to pan with cream cheese. Season with pepper.



5. Continue to cook, stirring until cheeses are melted through pasta.

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