

Vegetable Pasta Bake. (Serves 4)

Ingredients:

300gms pasta (we used shells)
2 tablespoonfuls Olive Oil (or other vegetable oil)
2 cloves Garlic (crushed)
1 medium Onion (chopped).
Small Leek (chopped)
2 small Carrots or 1 large (grated)
2 (red) peppers (sliced)
200gms mushrooms (chopped)
1 tin Tomatoes
1 Vegetable Stock Cube
1/4 litre Boiling Water
Handful fresh basil (or other herb, chopped)
Salt and Pepper
100gms grated Cheese



Method:

1. Prepare vegetables by washing or peeling if necessary, and chopping.
2. Heat oil in large pan and fry the garlic & onion for a few minutes before adding the chopped fresh veg.
3. Stir fry together for 5 minutes making sure they do not stick to the pan.
4. Add the boiling water to the stock cube in a measuring jug and dissolve it.
5. Add the tin of tomatoes and stock to the pan and stir well.
6. Now add salt and pepper and simmer the whole lot for 10 minutes.
7. In that time boil the pasta until cooked.
8. Mix sauce & pasta together & place in oven proof dish
9. Sprinkle with grated cheese.
10. Put under the grill until cheese browns & bubbles.

Any combination of the above vegetables can be used, or substituted for others.