

Good Enough 2 Eat

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Penne Primavera

You'll need:

- 1 brown onion, diced
- 2 cloves of garlic, crushed
- 1 chicken stock cube
- 1 teaspoon Italian herbs
- 1 teaspoon of Vegeta vegetable stock
- 1 tablespoon lemon juice
- ½ zucchini, chopped
- ½ small eggplant, chopped
- 1 red capsicum, oven roasted with skin removed, then sliced
- 3 tomatoes, chopped
- 6 button mushrooms, sliced
- ½ can of cannellini beans
- ½ cup Kalamata olives, sliced
- Handful fresh chopped basil
- 300g wholemeal pasta



Here's what to do:

- Bring a pot of water to the boil and add pasta. Cook until a little firm to touch.
- Sauté onion & garlic in a little water and add the stock cube, Italian herbs, Vegeta & lemon juice.
- Add the zucchini & eggplant & simmer for 5 minutes until they start to soften.
- Add the capsicum, tomatoes, mushrooms, beans & olives & simmer for a further 2 minutes.
- Add the basil and stir through.
- Mix the sauce with the cooked pasta.

Other vegetables can be added as desired such as broccoli & sun dried tomatoes. Roasted capsicum from a jar can be used instead of roasting your own.