

Faster Pasta



Serves

8



Add canned tuna, or diced chicken for a protein punch



Ingredients

1 brown onion	2 carrots
4 garlic cloves	1 red capsicum
Spray oil	1 punnet cherry tomatoes
3 teaspoons salt-reduced vegetable stock powder	100g reduced fat cheese
7 cups water	1 bunch fresh basil
500g penne pasta	125g extra light cream cheese
1 broccoli	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.



nom!