

## Recipe of the Week 26

### Roasted Vegetable Pasta

The roasted vegetable pasta dish is suitable for both athletes on high energy nutrition plans and weight management plans. By preparing the dish with wholemeal pasta you can create a nutritious Low glycaemic dish which you can regularly graze on throughout the day to stabilise energy and blood glucose levels to help maintain a steady weight and body composition.

Tip. Add chicken or steak to the dish to increase the content of essential amino acids.



**Serves: 2 - 4**

**Preparation time: 15 -minutes**

**Cooking time: 15-minutes**

#### Ingredients

55g Flora Light spread, melted  
2 tablespoons chopped fresh parsley  
1 tablespoon finely grated lemon  
1 large onion (cubed)  
1 red pepper (seeds removed and cut into thin strips)  
1 green pepper (seeds removed and cut into thin strips)  
115g button mushrooms (halved)  
10 cherry tomatoes (halved)  
350g pasta shapes  
2 shakes of ground black pepper

#### Each serving contains

Energy (kcal) – 370kcal  
Carbohydrates –60g  
Protein – 16g  
Fat – 7.2g (1.6g saturated)

#### Method

1. In a small bowl, mix half the melted Flora with the parsley and the lemon rind. Set aside.
2. Brush the remaining melted Flora over the pepper and onion pieces and arrange, in a single layer, on a baking tray.
3. Cook in a preheated oven at 200C, 400F, Gas 6 for 10 minutes.
4. Add the mushrooms and tomatoes to the peppers, brush with Flora and cook for a further 5 minutes.
5. Meanwhile cook the pasta following packet instructions and drain.
6. Toss the hot pasta with the roasted vegetables and the herb-and-lemon mixture. Season to taste and serve immediately.

Adapted from: [www.florahearts.co.uk](http://www.florahearts.co.uk), 2010  
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