



OLIVE & TOMATO PASTA

This delicious meat free dish is perfect for a main meal or served cold as a side salad. It's quick and easy to prepare and oh so yummy to eat, enjoy!

INGREDIENTS

10 ml oil for cooking
40 g chopped celery
40 g diced yellow pepper
40 g diced red pepper
40 g diced red onion
1 tbsp paprika
1 tbsp crushed garlic
1 tsp chilli flakes
1 tbsp sundried tomato pesto
1 cup tomato pasta sauce (referred to as bolognese sauce in the video)
80 g pitted black olives.

METHOD

1. Preheat a 24 cm Gourmet Dome Fry Pan and add oil for frying.
2. Add celery, yellow peppers, red peppers and green peppers as well as diced onion and fry on medium heat for approximately two minutes.
3. Add paprika and fry for another two minutes.
4. Turn the heat to low and add garlic, chili flakes, pesto and pasta sauce and simmer for 5 minutes.
5. Turn off your stove and add olives, mix well.
6. Allow to cool for 15 minutes and then add cooked pasta.

TIPS

- *Serve this dish hot or cold.*
- *Garnish with chives and spring onion to add extra flavour.*