

ROAST VEGETABLE AND CHICKPEA PASTA (V)

Serves 4

Per serving: 322 calories, 1.2% fat

Preparation time 5 mins

Cooking time 40 mins

INGREDIENTS

1 red onion, peeled and diced
2 garlic cloves, chopped
2 small courgettes, diced
1 leek, diced
1 red pepper, deseeded and diced
1 x 400g can chickpeas, drained
1 tbsp soy sauce
1 x 400g can chopped tomatoes
1 tsp low-fat pesto
cracked black pepper
180g dry-weight pasta
1 vegetable stock cube

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Place all the vegetables in a mixing bowl with the chickpeas. Pour over the soy sauce and season with cracked black pepper. Mix well then pour into an ovenproof dish.
3. Bake in a preheated oven for 20 minutes until slightly charred.
4. Remove from the oven and spoon into a saucepan containing the tomatoes. Bring to a gentle simmer adding the pesto.
5. Cook the pasta in boiling water with the stock cube, drain and serve with the sauce on top.

