

Roasted tomatoes, rocket & chorizo spaghetti



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Preparation: about 10 minutes
Cooking: about 12 minutes
Serves: 4

- 400g dried spaghetti
- 1 tbs olive oil
- 2 chorizo sausages, finely diced
- 400g tomato medley, (like cherry, kumatoes, mini roma and tear drop halved lengthways (chop larger tomatoes))
- 3 garlic cloves, finely chopped
- ½ small bunch rocket, trimmed
- 125g Greek feta cheese, roughly crumbled
- ⅓ cup pitted kalamata olives
- 2 tbs extra virgin olive oil
- Ground black pepper

1. Cook spaghetti in a large saucepan of boiling water, following packet directions, until al dente.
2. Meanwhile, heat oil in a medium non-stick frying pan over medium heat. Add chorizo and cook, tossing often, for 5 minutes until golden and crisp. Transfer to a plate lined with paper towel. Add tomatoes and garlic to the pan, cook, tossing often, for 4-5 minutes until very tender.
3. Drain spaghetti and return to the pan. Add tomato mixture, chorizo, rocket, feta, olives and extra virgin olive oil. Season with pepper to taste. Toss over low heat until hot until well combined and serve.



Tomatoes

- Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.
- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance adverse effects of the sodium in salt.