

Winter vegetable, chorizo & tomato pasta



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Preparation: about 25 minutes

Cooking: about 45 minutes

Serves: 4

1 tbs olive oil
250g chorizo sausages, finely diced
1 small leek, trimmed, halved lengthways and thinly sliced
2 garlic cloves, finely chopped
1 carrot, peeled and finely diced
2 sticks celery, trimmed and finely diced
125g button mushrooms, finely chopped
500g jar tomato pasta sauce
400g dried bow-tie pasta
½ cup thickened light cream
Salt and ground black pepper
grated parmesan cheese, to serve

1. Heat oil in a large frying pan over medium heat. Add chorizo, leek, garlic, carrot, celery and mushrooms and cook, stirring often, for 15 minutes until vegetables soften. Stir in tomato sauce, cover, reduce heat and simmer for 15 minutes.
2. Cook pasta following packet directions until al dente. Stir cream into chorizo mixture and heat until hot. Drain pasta and return to the pan. Add chorizo mixture and season with salt and pepper to taste. Toss to combine. Serve with grated parmesan cheese.



Button mushrooms

- Supply worthwhile quantities of six of the eight B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.



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