

High fibre bean and veggie pasta

Preparation time

5 minutes

Cooking time

12 minutes

Serves

2

Recipe courtesy of

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Ingredients

Method

Nutrition

200g wholemeal pasta, cooked

¼ red onion, diced

1 medium-sized chilli, roughly chopped

1 clove garlic

1 large carrot, grated

½ cup passata sauce

140g mixed beans, rinsed

basil, 1-2 sprigs

a handful of spinach (around 30g)

¼ cup water

feta cheese, to serve (not included in nutrition information)

1. Place pasta into boiling water and cook as per cooking instructions.
2. Add onion, garlic and chilli into a warmed non-stick pan. Sautee until onion becomes translucent.
3. Add onion, garlic and chilli into a warmed non-stick pan. Sautee until onion becomes translucent.
4. Combine cooked pasta and vegetable sauce. Place in 2 bowls and sprinkle on crumbed feta as desired.

Nutritional information is provided per serve

Energy 1674kJ (400 calories)

Protein 20g

Saturated Fat 0.3g

Total Fat 1g

Carbohydrates 61g

Sugars 13g

Dietary Fibre 23g

Sodium 802mg