High fibre bean and veggie pasta

Preparation time

5 minutes

Cooking time

12 minutes

Serves

2

Recipe courtesy of

Sophie Hofto, Accredited Practising Dietitian (APD)



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

Engery	1674kJ (400 calories)
Protein	20g
Saturated Fat	0.3g
Total Fat	1g
Carbohydrates	61g
Sugars	13g
Dietary Fibre	23g
Sodium	802mg