



Super-veg pasta



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bell pepper red deseeded quartered
- ☐ 2 tbsp olive oil
- ☐ 1 fennel bulb roughly chopped
- ☐ 1 onion roughly chopped
- ☐ 1 large carrots roughly chopped
- ☐ 2 garlic clove crushed
- ☐ 0.3 tsp pepper flakes crushed
- ☐ 1 tsp fennel seeds

- ☐ 2 tbsp tomato purée
- ☐ 400 g canned tomatoes chopped canned
- ☐ 600 ml vegetable stock
- ☐ 1 tsp sugar
- ☐ 1 small handful basil shredded
- ☐ 500 g extra wide egg noodles fresh cooked

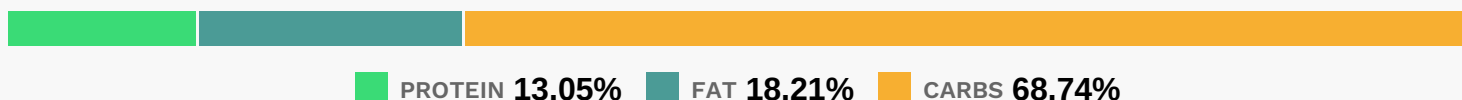
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Heat the grill and pop the peppers, skin-side up, underneath for 10 mins or until beginning to char.
- ☐ Transfer to a bowl, cover and set aside. When cool enough to handle, peel off the skin and cut the flesh into strips.
- ☐ Heat the oil in a large saucepan and cook the fennel, onion and carrot for 8–10 mins until softened. Stir in the garlic, crushed chillies, fennel seeds and tomato pure, cook for 2 mins, then add the canned tomatoes, stock and sugar. Simmer, uncovered, for 15 mins or until the vegetables are completely soft.
- ☐ Take out a couple of spoonfuls of the sauce (this will later add texture), then blend the rest in the saucepan until almost smooth with a stick blender. Simmer for 5 mins to thicken, then stir in the reserved sauce, shredded basil and peppers.
- ☐ Serve with the pasta.

Nutrition Facts



Properties

Glycemic Index:82.15, Glycemic Load:29.45, Inflammation Score:-10, Nutrition Score:26.763043045998%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 429.73kcal (21.49%), Fat: 8.87g (13.64%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 75.33g (25.11%), Net Carbohydrates: 68.36g (24.86%), Sugar: 10.87g (12.07%), Cholesterol: 70mg (23.33%), Sodium: 535.78mg (23.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.6%), Selenium: 66.67µg (95.24%), Vitamin C: 64.96mg (78.74%), Vitamin A: 3753.19IU (75.06%), Manganese: 1.05mg (52.3%), Vitamin K: 36.46µg (34.73%), Fiber: 6.97g (27.88%), Phosphorus: 267.06mg (26.71%), Vitamin B6: 0.47mg (23.73%), Copper: 0.44mg (21.9%), Potassium: 743.77mg (21.25%), Magnesium: 79.35mg (19.84%), Vitamin E: 2.86mg (19.06%), Iron: 3.19mg (17.74%), Vitamin B3: 3.45mg (17.26%), Folate: 68.26µg (17.07%), Vitamin B1: 0.24mg (15.89%), Zinc: 2.06mg (13.76%), Vitamin B5: 1.25mg (12.47%), Vitamin B2: 0.17mg (10.29%), Calcium: 89.33mg (8.93%), Vitamin B12: 0.24µg (4.03%), Vitamin D: 0.25µg (1.67%)