

Clifford
PRODUCE



spiced up vegetable *Pasta*



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vegetable
Pasta

Serves 6

Ingredients

- ¼ cup (63 g) Paysanne yellow, orange or red bell peppers, finely chopped
- ¼ cup (63 g) Paysanne tomatoes, peeled, seeded and diced
- ¼ cup (63 g) eggplant, peeled and diced
- 4 cloves of garlic, minced
- ¼ cup (63 ml) dry white wine
- ¼ cup (63 g) shallots, peeled and diced
- 1 lb (454 g) dry spaghetti noodles
- 4 sprigs of fresh thyme, picked and diced
- 4 sprigs of fresh rosemary, picked and diced
- 7 basil leaves, sliced
- 1 tbsp. (15 g) chili flakes

Method

1. Bring a large pot of salted water to a rolling boil, then add the dry spaghetti noodles. Cook until al dente for 10 minutes.
2. In a large skillet, sauté the shallots, then add the bell peppers and eggplant. Cook for 3-5 minutes. Deglaze the pan with white wine. Add the garlic and reduce.
3. Drain the pot of water and add the cooked spaghetti noodles to the skillet.
4. Sauté the spaghetti noodles, then add the chopped fresh herbs, tomatoes and chili flakes.
5. Divide the noodles into 6 bowls and serve immediately.

Finishing touches

This finishing touch is sure to add an artistic flair to your pasta. To make basil crisps, pour vegetable oil (about 1 ½") in a medium Dutch oven. Heat to a temperature of 300°F/149°C and add fresh basil. Using a slotted spoon, flip the basil leaves over to complete frying. Scoop out and drain excess oil on a plate lined with paper towels.

Nutritional Facts per serving (223 g): Calories 310

Fat 2 g (3 %), Saturated Fat 0.4 g + Trans Fat 0 g (2 %), Cholesterol 0 mg, Sodium 5 mg (1 %), Carbohydrate 60 g (20 %), Fiber 4 g (16 %), Sugars 2 g, Protein 11 g (6 %), Vit A (6 %), Vit C (15 %), Calcium (2 %), Iron (20 %). % = % Daily Value



Recipe and photo courtesy
of OGVG

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