



Recipe tip:
Add ¼ cup of pesto for extra flavour.



Faster Pasta

Serves 8



Ingredients:

- 1 brown onion
- 4 cloves garlic
- Spray oil
- 3 teaspoons salt-reduced vegetable stock powder
- 7 cups water
- 500g penne pasta
- 1 broccoli
- 2 carrots

- 1 red capsicum
- 1 punnet cherry tomatoes
- 100g reduced fat cheese
- 1 bunch fresh basil
- 125g extra light cream cheese
- Pepper

Equipment:

- Frypan or large pot, knife, measuring cups, chopping board, grater, large spoon



1 Finely dice onion and garlic. Heat pan and spray with oil. Cook onion and garlic for 2-3 minutes.



2 Add stock powder and water, bring to the boil. Once boiling, add pasta and cook for 10 minutes.



3 Meanwhile, chop broccoli, carrot, capsicum and cherry tomatoes into small pieces. Add to pasta. Cook for 5 minutes or until vegetables are slightly soft.



4 Grate cheese and chop basil leaves. Add to pan with cream cheese. Season with pepper.



5 Continue to cook, stirring until cheeses are melted through pasta.