



VEGGIE PASTA

Ingredients

- 250g/10oz tagliatelle or pappardelle pasta (cook as directed on packet)
- 1 small butternut squash, peeled, de-seeded and chopped into chunks
- 1 tablespoon olive oil or low-fat spray oil
- 1 clove garlic, finely chopped OR 1 teaspoon dried garlic granules
- 4 large field mushrooms, sliced
- 250g/10oz spinach, rinsed
- 1 teaspoon dried sage (optional)
- A little Parmesan cheese, grated (optional)

Method

- 1** Bring a large pan of water to the boil, tip in the pasta as directed on the packet, drain and leave in the pan.
- 2** Boil the butternut squash until softened, drain and leave in the pan.
- 3** Meanwhile, heat the olive oil (or a few squirts of spray oil) in a large frying pan and add the mushrooms and garlic until softened. Be careful not to burn the garlic as this will make it taste bitter.
- 4** Turn up the heat, add the spinach and cook until it has wilted.
- 5** Add the drained pasta and butternut squash to the mushrooms, spinach and garlic and stir together.
- 6** Serve, topped with a little grated parmesan and dried sage if you wish.

Cooks Tip: You could add a small handful of pine nuts at step 2 but remember to add extra points.