

# Spaghetti with Italian Sauce



## Ingredients:

300g Spaghetti Pasta  
2 tbsp. Rapeseed Oil  
1 small Onion finely chopped  
2 cloves Garlic crushed  
1 Celery Stalk finely chopped  
1 small Courgette finely chopped  
300g can Green Beans drained and halved  
125g asparagus tips cut in half  
200g can Peas drained  
415g can Tomato and Butterbean Soup  
25g halved Walnuts toasted or pumpkin seeds  
50g Vegetarian Cheese grated  
Ground Black Pepper

## Directions:

1. Cook the pasta in a large pot of boiling water as per manufacturers directions.
2. Heat the oil in a large frying pan. Add the onion and cook, until just soft. Add the garlic, celery and courgette. Cook for 7 minutes and add the green beans, asparagus and peas.
3. Stir in the soup and add the spinach, simmer gently for 5—7 minutes until the soup is heated and all the vegetables are cooked. Season with black pepper.
4. Drain the pasta and add to the hot vegetable sauce and toss gently.
5. Serve topped with the walnuts or pumpkins seeds and grated cheese.

## Nutrition:

Yield: 4

Calories: 530, Carbohydrate: 75g, Protein: 21g, Fat: 18g, Saturated fat: 5g, Fibre: 9g

**Prep Time:** 10 mins    **Cooking Time:** 10 mins



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