

VM26

VEGGIE PASTA

Source: family

Serves 2



- Pasta, cooked – 1½ cups
- Sundried tomatoes, chopped – 60ml
- Olive oil – 1 TBSP
- Courgettes, cut into cubes – ½ cup
- Tofu (soft) – 120ml
- Tomatoes, chopped – 1 can
- Oregano, dried – 2 TBSP
- Thyme, dried – 1 TBSP
- Garlic, chopped – 2 cloves

1. Sauté courgettes in some oil, add the sundried tomatoes, herbs, garlic and tinned tomatoes.

2. Once courgettes are cooked through and add the tofu.

3. Allow the sauce to cook down until it is creamy,

4. Add the pasta and serve

Serve with a mixed green salad