

VEGAN ROASTED TOMATO SPAGHETTI

SERVES 4

PREP 15 MIN | COOK 30 MINS

Ingredients

- 250g spaghetti
- 1 punnet cherry or grape tomatoes sliced lengthwise seasoned with 1/2 tsp each salt, pepper, oregano, garlic powder
- 1 tbsp olive oil for roasting
- 1 small yellow onion finely chopped
- 2 tbsp olive oil
- 250g mushrooms, very finely chopped
- 3/4 tsp each salt pepper, garlic powder
- 1 capsicum, finely diced
- 3 cloves garlic, minced
- 1/2 cup reserved pasta cooking water
- 3 tbsp tomato paste
- 1/3 cup crushed tomatoes, canned
- 1/2 420g can chickpeas, drained and rinsed
- 1/4 cup fresh chopped parsley
- 2 cups somewhat packed baby spinach
- 2 tsp dried parsley
- 1/4 to 1/2 tsp red chili flakes to taste
- 2 tsp lemon juice optional
- 1/4 to 1/3 cup coarsely chopped kalamata olives to taste

Method

1. Cook spaghetti until just al dente in salted water. Drain but reserve 1/2 cup pasta cooking water.
2. Meanwhile preheat oven to 200 degrees C and slice tomatoes. Place them in baking dish with the 1 tbsp oil and seasonings indicated. Toss. Bake until skins are wilting and juices released, around 25 min.
3. While those are cooking, finely chop the onions and mushrooms and add them to large pan with the 2 tbsp olive oil and the salt, pepper, garlic powder. Cook 10 min on medium, stir occasionally. Add chopped capsicum, cook another 5 min.
4. Add garlic, cook another min. Add the roasted tomatoes, the pasta cooking water, tomato paste, crushed tomatoes, chickpeas. Stir well, simmer 3 min.
5. Add remaining ingredients except spaghetti, toss as spinach wilts then add spaghetti, toss again. Taste for seasoning, serve. Top with more fresh or dried parsley and chilli flakes if desired.



Recipe Credit: munchmealsbyjanet.com

