

One Pot Pasta

Preparation time: 15 min

Difficulty: Easy

Ingredients

- Basil: 1 tsp
- Basil leaves: 5-6
- Courgebies: 200 g
- Fresh basil:
- Garlic: 2 cloves
- Onion (red): 1
- Oregano: 1 tsp
- Paprika powder: 1 tsp
- Parmesan cheese (vegan):
- Pasta of your choice (e.g. penne): 250 g
- Pepper: 200 g
- Pepper:
- Salt:
- Soy sauce: 200 ml
- Vegetable stock: 400 ml



Preparation

1. Cut the vegetables into small pieces.
2. Heat the oil and sauté the onion and garlic.
3. Add the peppers and courgebies.
4. Add the pasta and pour in the vegetable stock, soy sauce and strained tomatoes.
5. Add the spices and simmer for about 12-15 minutes.
6. Garnish the finished pasta with Parmesan cheese and fresh basil.
7. Enjoy it and feel free to send me a photo of your result.

For this recipe we used:

Organic Tomato
Puree 300 g

