

Vegetable Penne with sesame seeds

(Serves 2)

Ingredients

- 200g Broccoli, small florets
- 125g Baby corn, halved
- 1 medium Pepper, red, deseeded & roughly chopped
- 150g Penne pasta, dried
- 1.5 tbsp Tahini paste
- 1 tbsp Soy Sauce, dark, reduced salt (Amoy)
- 1 tbsp Muscovado sugar, dark
- 1 tbsp Red wine vinegar
- 1tbsp Oil, Rapeseed (Canola)
- 1 Garlic clove, finely chopped
- 1 inch Ginger, fresh, finely chopped
- 1/2 tsp Chilli flakes, dried
- 1/4 tsp Black pepper
- 1 tbsp Sesame seeds

Preparation

1. Dry fry sesame seeds in a small, non-stick frying pan until nicely browned, shaking frequently & being careful not to burn. Set aside.
2. Bring a large saucepan of water to boil. Cook broccoli, corn & red pepper for 2 minutes. Remove vegetables but keep water.
3. Plunge broccoli, corn & red pepper into cold water then drain well & dry on kitchen roll.
4. Boil vegetable water & add penne pasta. Cook according to packet instructions. Drain & run under cold water. Drain again.
5. Mix tahini paste, soy sauce, sugar & red wine vinegar in a bowl. Keep to one side.
6. Heat oil in a wok or large frying pan. Add garlic, ginger & chilli flakes. Cook for 1 minute, stirring continuously.
7. Add broccoli, corn & red pepper. Continue to stir fry for 3-4 minutes on a high heat.
8. Reduce heat & add penne & tahina mix, stirring thoroughly. Heat through for a couple of minutes.
9. Serve pasta sprinkled with black pepper & the toasted sesame seeds.

TOP TIP: You can exchange the broccoli for other seasonal greens such as asparagus tips or mangetout if you wish.

NUTRITIONAL VALUES

PER SERVING

Calories 567

Total Sugars 10.4g

Total Fats 21.92g

Saturated Fats 2.27g

Salt 1.13g

Fruit & Veg 3