



A great alternative to the traditional pasta dishes. You could try different combinations of vegetables.

| Spicy Pasta | | |
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| Serves 8 | | Skill Level – Easy |
| | | Preparation time: 10 min Cooking time: 15-20 min |
| Metric | Imperial | Ingredient |
| 450g | 1lb | penne |
| 1 tablespoon | | olive oil |
| 1 teaspoon | | cumin seeds |
| 1 teaspoon | | mustard seeds |
| 1 large onion | | large onion |
| 1 teaspoon | | garlic ,chopped |
| 2 | | green chillies ,finely chopped |
| 225g | 8oz | button mushrooms |
| 400ml | 14 fl oz | tomatoes ,liquidised |
| 1 teaspoon | | garam masala |
| 1 teaspoon | | chopped coriander |
| | | |
| 1. Cook the pasta as directed on the packet ,preferably leaving it slightly undercooked. Drain well. | | |
| 2. Heat a large, non-stick pan .Add the oil followed by the cumin seeds, mustard seeds and onions. Cook until onions light brown. Add the garlic, chillies and mushrooms and continue to cook for another 2 minutes. | | |
| 3. Add the tomatoes , bring to the boil. | | |
| 4.Add the garam masala and reduce the heat and simmer for 5 minutes | | |
| 5.Stir in the pasta. Garnish with coriander and serve hot. | | |

If you have a favourite recipe that you think makes the grade please share it with us. We will send you a free cholesterol, blood pressure or diabetes patient guide for every recipe we publish. Contact HEART UK at lm@heartuk.org.uk