



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

<b>Spicy Pasta</b>		
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](mailto:lm@heartuk.org.uk)