

WHOLEGRAIN MASALA PASTA



Serving Size: 2 Preparation Time: 30 minutes





INGREDIENTS

METHOD

Pasta

- 2 cups wholegrain fusilli pasta
- 1 tsp HCS lower-sodium salt 
- 1 tbsp HCS oil 

Masala

- 3 tbsp HCS oil 
- 1 large onion, thinly chopped
- 2 tbsp ginger and garlic paste
- 1 cup mixed vegetables (frozen or fresh)
- 1 can chopped tomatoes
- 4 tbsp tomato puree
- 1 tbsp garam masala
- 1 tsp pepper
- chilli power to taste
- HCS lower-sodium salt to taste 

1) Boil the pasta until al dente and set aside.

2) Add oil to a pan. Sauté the onion, ginger and garlic paste till fragrant.

3) Add the garam masala and chilli powder.

4) Add the tomatoes, tomato puree and mixed vegetables. Continue to sauté for another 2-3 minutes.

5) Add the pasta, pepper and salt. Mix well.

6) Serve warm.

