

Recipe Card

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Easy Veg Sauce with Buckwheat Pasta

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How
difficult is it?



Free From
Fourteen Vegan™

liked by 

 AllergyUK

Ingredients

- 1 tbsp olive oil
- 2 shallots, chopped
- 1 garlic clove, finely chopped
- 2 peppers, chopped
- 1 large courgette, chopped
- 200g tenderstem broccoli, cut into bite-size pieces
- 2 large tomatoes, chopped
- 200g of tinned chopped tomatoes
- Several black olives, sliced with stones removed
- 1 tsp dried oregano or 1 tsp dried mixed herbs
- Few turns of black pepper
- 250g dried gluten-free buckwheat penne pasta

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Gluten-free buckwheat pasta means that those living with coeliac disease can dig into the satisfying comfort food that is pasta enveloped in a lovely sauce.

Instructions

1. Put the olive oil in a large saucepan over a low heat, add the shallots and garlic and cook for a couple of minutes.
2. Add the peppers, courgettes, broccoli, olives, tomatoes and dried herbs and black pepper. Cook on a low heat for about 30 minutes stirring occasionally. Add a little water if needed. (It will be ready to eat if wished after 15 minutes but cooking it for longer adds to the flavour).
3. Cook the buckwheat pasta according to the instructions and drain. Add pasta to the sauce, stir well and enjoy. Drizzle over a little olive oil or sprinkle some gluten-free nutritional yeast if wished.