



Vegetable Pasta (OP I)

Serving: 1

Veg

Ingredients

- $\frac{3}{4}$ Cup Whole Wheat Penne Pasta or any other shape
- 1 Tsp Oil
- Salt- to taste
- 2 cups water
- Ingredients to cook pasta
- 2 tbsp Onion Finely chopped
- 3 tbsp Green Bell Pepper Finely chopped (Capsicum)
- 1 tbsp Tomato Finely chopped
- 1 Tsp Coriander Leaves Finely Chopped
- Salt or to taste
- Black pepper powder or to taste
- 1 tsp Green Chili chopped
- 1 Tsp Red Chili Flakes (Optional)
- 1 Tbsp Oil
- 1 Tbsp Tomato Sauce

Preparation Method

- Method for Boiling Pasta
- Take a big pan. Add water and bring it to boil on high flame.
- After a boil, turn the stove to low flame.
- Now add Salt, Oil and Penne Pasta. Mix well.
- Cook until pasta gets soft and tender to eat approximately 15 minute.
- **Note: Do not overcook the pasta.**
- Method for cooking Whole Wheat Pasta
- Take a frying pan and add Oil. Heat Oil on high flame for about 30 seconds.
- Now add Onions and cook them until they are translucent, on medium flame.
- Once done, add Bell Pepper and cook it for 1 minute.
- After a minute, add Tomatoes and mix well.
- Now its time to add Salt and black Pepper. Let this cook for 2 minutes.
- After 2 minutes on cooking, add Pasta. Mix well.
- Add Green chilies, Tomato sauce and Red Chili Flakes and. Mix again and cover the pan with a lid.
- Let this cook for 2 more minutes. Once done, switch off the stove and garnish pasta with Coriander Leaves.