



Italian Style Vegetable Arrabiatta (OP W)

Serving: 1

Veg

Ingredients

- Serves 1
- For the Arabiatta sauce (to be grind into a paste)
- 4 medium sized tomatoes, blanched
- 1 spring onion with greens, finely chopped
- 1/2 tsp oregano
- 1 tbsp tomato ketchup
- 1/2 tbsp vinegar
- 1/2 tsp chilli powder
- 1/2 tsp mustard seeds powder
- Salt to taste
- Other ingredients
- 1 cup mixed chopped & blanched vegetables (broccoli, baby corn, carrots, French beans)
- 1/4 cup chopped capsicum
- 1 tbsp finely chopped garlic
- 8-10 basil leaves
- 1 tsp olive oil
- Salt to taste

Preparation Method

- 1. Heat the oil, add garlic and basil and add the capsicum and saute on a medium flame for 1 minute.
- 2. Add the ground arabiatta paste and cook on a medium flame for 8 to 10 minutes.
- 3. Add the vegetables and cook on a medium flame for 4 to 5 minutes. Serve hot.