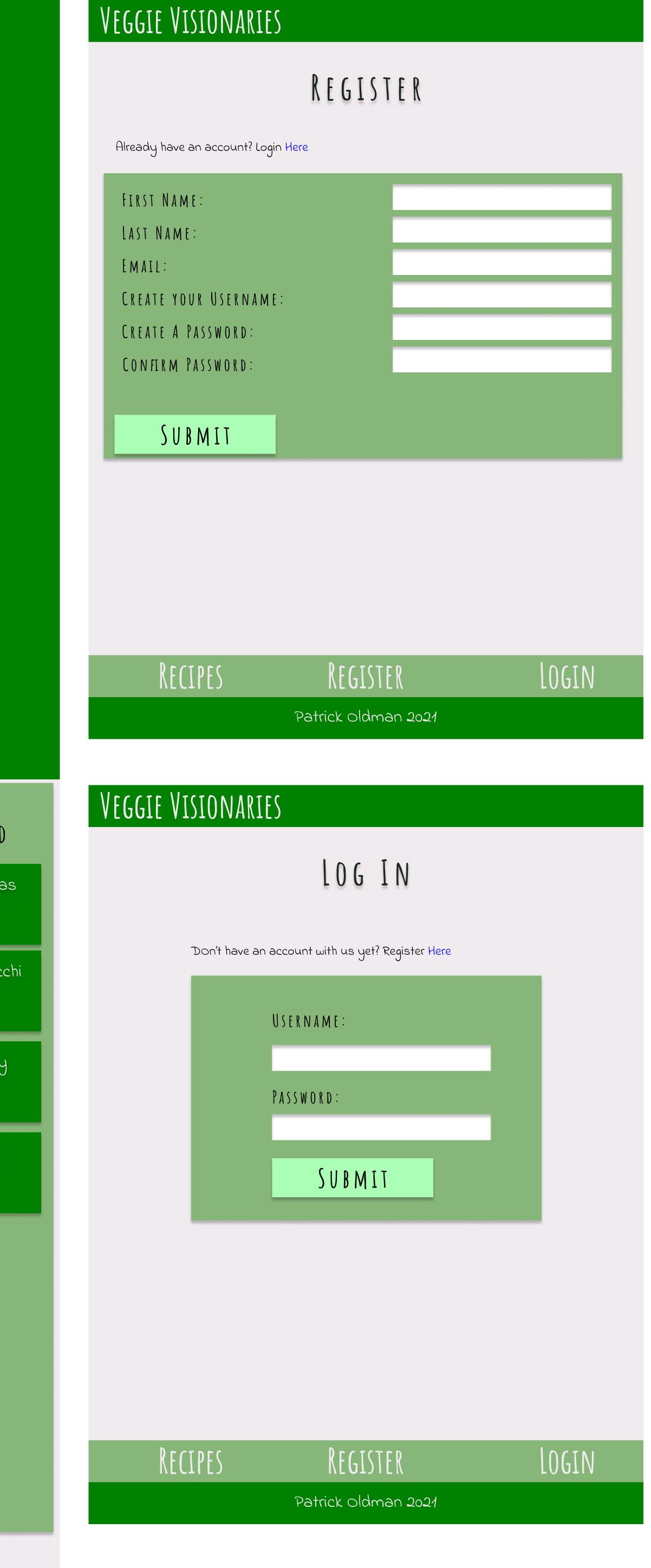
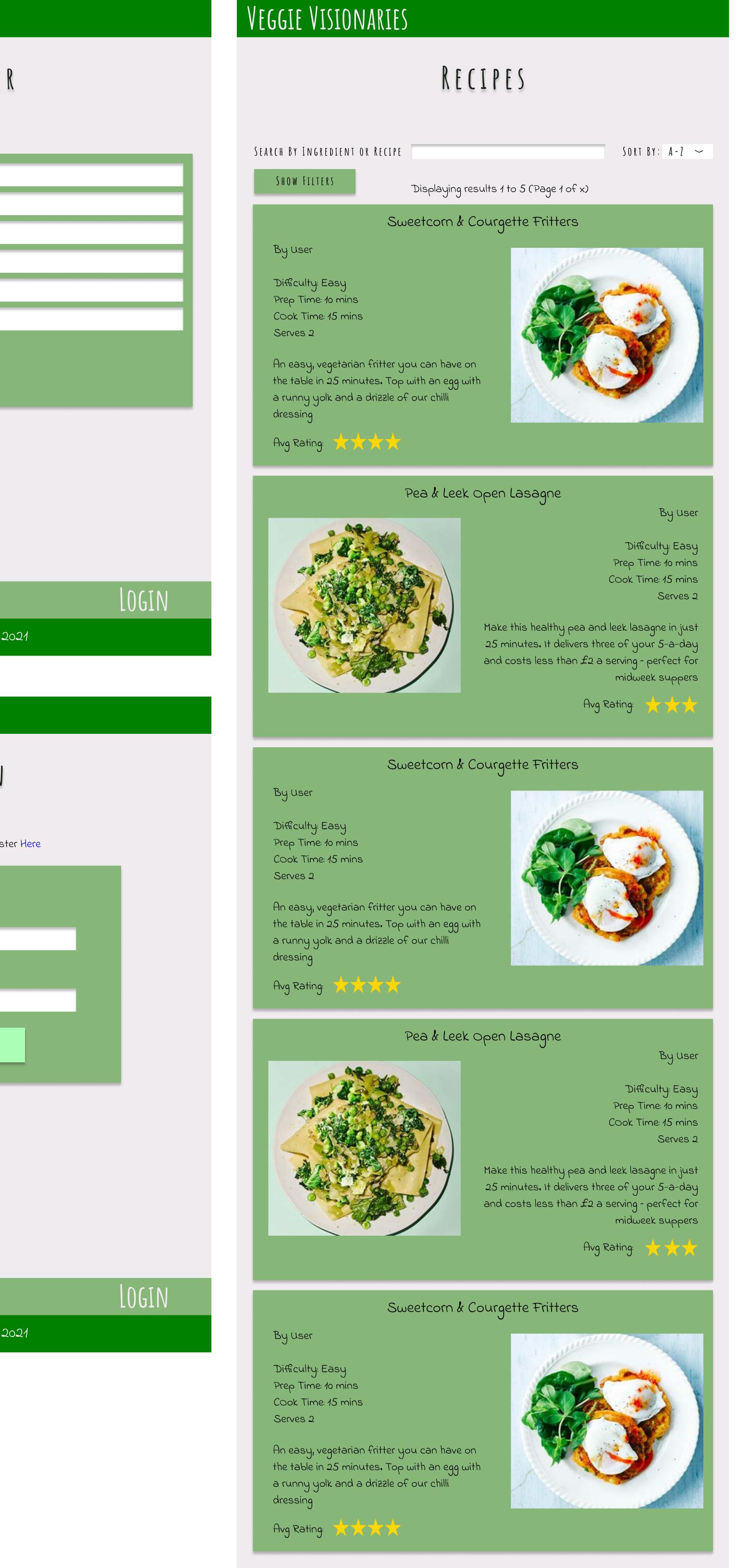


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# VEGGIE VISIONARIES

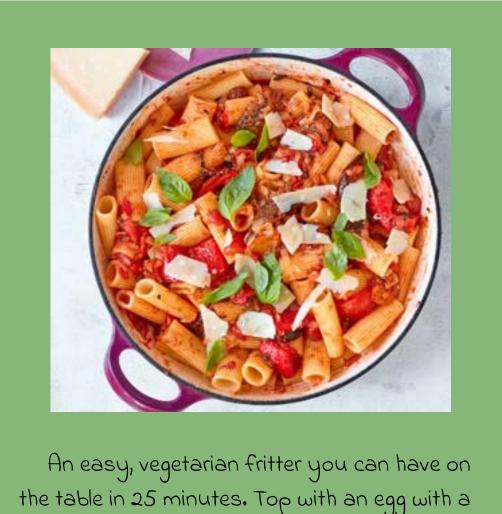
## CAPONATA PASTA

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Difficulty: Easy
Prep Time: 10 mins
COok Time: 15 mins
Serves 2

Avg Rating:



runny yolk and a drizzle of our chilli dressing

## INGREDIENTS

- 4 tbsp olive oil
- · 1 large onion finely chopped
- 4 garlic cloves finely sliced
- 250g chargrilled Mediterranean veg (peppers and aubergines if possible)
- 400g can chopped tomatoes
- 1tbsp small capers
- 2 tbsp raisins
  3500 rightoni conno or and
- 350g rigatoni, penne or another short pasta shape
- bunch basil leaves
- parmesan or vegetarian alternative

#### INSTRUCTIONS

- 1. Heat the oil in a large pan and cook the onion for 8-10 mins until starting to caramelise (or for longer if you have time the sweeter the better). Add the garlic for the final 2 mins of cooking time.
- 2. Tip in the mixed veg, tomatoes, capers and raisins.

  Season well and simmer, uncovered, for 10 mins, or until

  you have a rich sauce.
- 3. Meanwhile, boil the kettle. Pour the kettleful of water into a large pan with a little salt and bring back to the boil. Add the pasta and cook until tender with a little bite, then drain, reserving some of the pasta water. Tip the pasta into the sauce, adding a splash of pasta water if it needs loosening. Scatter with the basil leaves and parmesan, if you like, and serve straight from the pan

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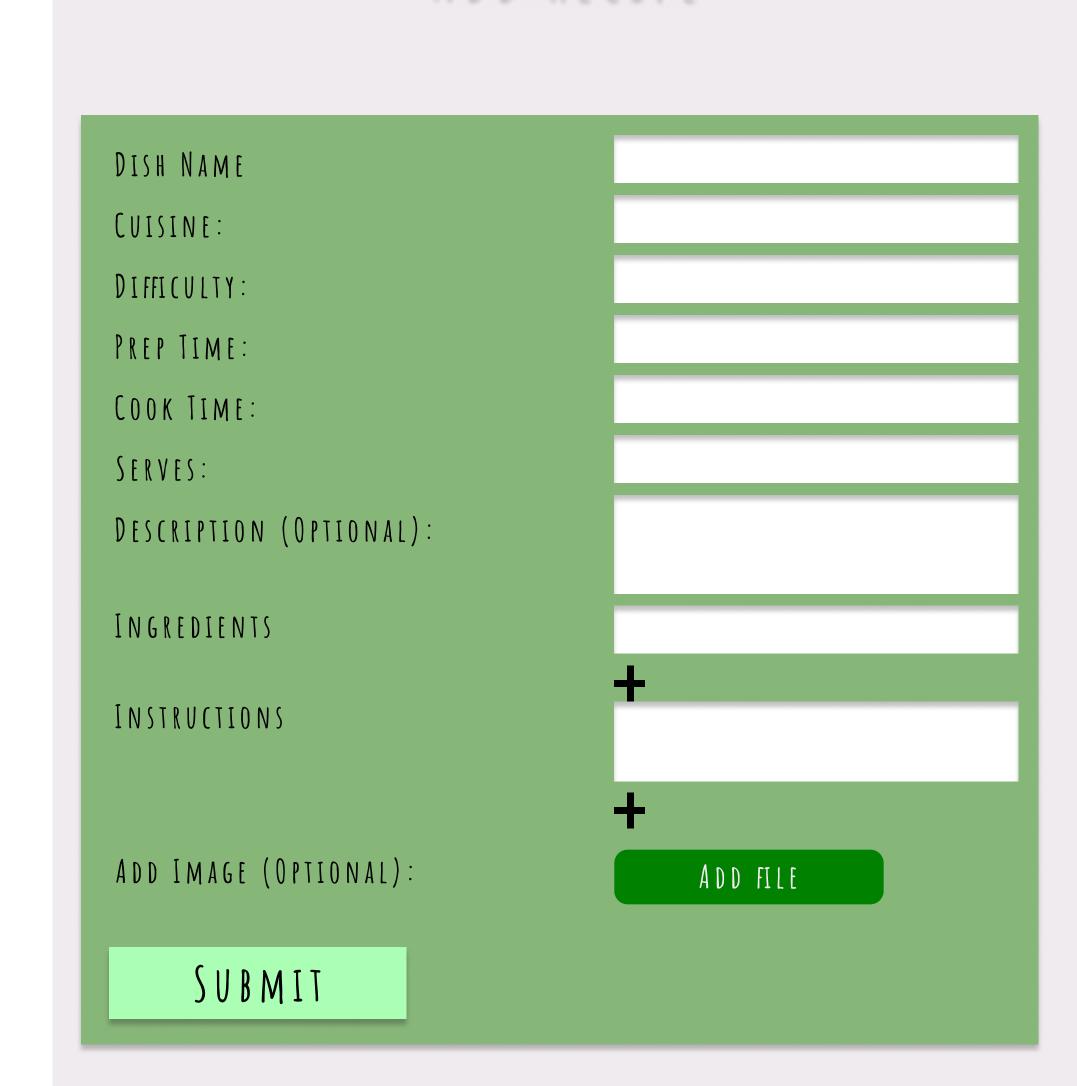
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