

MEATY TOMATO PASTA

SERVES 2

Meaty tomato pasta

Pasta is great because it's easy and quick to cook – and if you do too much you can always make a tasty cold salad the next day. For this recipe you can substitute frozen peas for any of the vegetables listed if you prefer.

What you need:

- > **225g (8oz)** lean beef, lamb or pork, cut into thin strips
- > **200g (4oz)** pasta shapes e.g. twists, spaghetti
- > **1** clove of garlic crushed
- > **1** red pepper, sliced
- > **1** courgette, chopped
- > **100g (4oz)** mushrooms, sliced
- > **225g (8oz)** can chopped tomatoes
- > **1tbsp** tomato ketchup
- > dried mixed herbs



What to do:

1. Cook pasta according to packet instructions.
2. In a saucepan or wok, dry fry the meat and garlic for 3-4 minutes until browned.
3. Add pepper, courgette and mushrooms and stir-fry for 2 minutes. Stir in tomatoes, ketchup and herbs. Season to taste.
4. Bring to the boil and simmer for 5 minutes.
5. Drain pasta and add to sauce.

Delicious served with crusty wholemeal bread

