




## Plant-Based Sun-Dried Tomato Spaghetti


This plant-based spaghetti is quick and easy. You'll char pepper with garlic, sun-dried tomatoes and oregano before adding tomato stock and bubbling to perfection. Toss in pasta and top with black pepper. All Health Hub recipes meet one of these criteria: <600 calories, 3 of your 5/day, or a source of protein.

20 mins • 4.5 stars • 1.5k reviews

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 Serves 2; Yields 2 Plates

 **Total Time**  
20 minutes

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## Ingredients

- |  |                                 |
|--|---------------------------------|
| 1 Tin Chopped Tomatoes Spenny fancy ones | 1 shallot                       |
| 1 Pot sun-dried Tomatoes                 | 1 Red Pepper                    |
| 1 tablespoon Dried Oregano               | 300 grams Spaghetti             |
| 2 Cubes vegetable stock mix              | 30 millilitres Balsamic vinegar |
| 2 Cloves Garlic                          | 1 teaspoon sugar                |

## Instructions

### Step. 1

Deseed your pepper and chop into thin strips

Peel and slice your shallot finely

Crush your garlic

### Step. 2

Boil a kettle

### **Step. 3**

Heat a large frying pan, once hot add the chopped pepper to the pan with a pinch of sugar and cook for 3 min or until starting to char and caramelize

Once starting to char, reduce the heat to medium and add the sliced shallot with a pinch of salt and cook for a further 2-3 min or until starting to soften

### **Step. 4**

Add your spaghetti to a pot of boiled water with a generous pinch of salt and bring to the boil over a high heat

Boil around a cup of water, again

Cook the spaghetti for 8-10 min or until cooked with a slight bite

Once done, drain the spaghetti, reserving a cup of the starchy pasta water

### **Step. 5**

Dissolve your vegetable stock mix in 150ml boiled water

### **Step. 6**

Once the shallot is starting to soften, add the chopped garlic, chopped sun-dried tomatoes and dried oregano to the pan and cook for a further 1-2 min or until fragrant

### **Step. 7**

Add your balsamic vinegar, vegetable stock and chopped tomatoes

Season with a pinch of salt, pepper and sugar and cook for 4-5 min or until slightly thickened

### **Step. 8**

Once the sauce has slightly thickened, add the drained spaghetti with a couple of splashes of the starchy pasta water and cook for 1-2 min, stirring constantly until the spaghetti is fully coated in all the sauce – this is your plant-based sun-dried tomato spaghetti

### **Step. 9**

Serve the plant-based sun-dried tomato spaghetti Season with a good grind of pepper Enjoy!