

Spaghetti with Sweet & Sour Vegetables

Ingredients

300g/10oz low protein spaghetti

30g/1oz margarine or oil

½ green & red pepper

1 medium courgette

1 medium carrot, thinly sliced-boiled or steamed until just tender

120g/4oz mushrooms, sliced*

1 onion

½ tablespoon corn flour

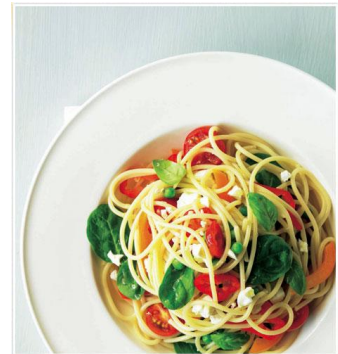
1 tablespoon brown sugar

2 tablespoon malt vinegar

½ tin pineapple cubes

Seasoning

* may need to count as exchanges



Method

1. Cook the spaghetti as directed on the packet. Drain well and keep warm.
2. Melt half the margarine and fry the carrot, peppers, courgettes and mushrooms until just tender, keep warm.
3. Fry the onions in the remainder of the oil. Then add sugar and corn flour and mix.
4. Add the vinegar. When thickened, add liquid (juice from pineapple made up to ¼ pint) with water.
5. Add pineapple, vegetables and seasoning. Stir.
6. Serve on a bed of spaghetti.