

Creamy Red Pepper Pasta

Makes 4 servings

Ingredients

4 red bell peppers
1 white onion
2 cloves garlic
3 tbsp olive oil
8 cherry tomatoes
½ tub of Violife Creamy
Low protein pasta (400g cooked)
Pinch of salt
Pinch of pepper



Method

1. Roughly chop up your red pepper, white onion, cherry tomatoes, and garlic cloves.
2. Place onto a sheet tray and drizzle olive oil over them.
3. Place in the oven for 40 minutes until soft and a slight brown colour forms.
4. Place the roasted vegetables, some salt, pepper, basil and ½ a tub of Violife Creamy into a blender and blend until smooth.
5. Add the sauce mixture to cooked low protein pasta and serve while hot!

