

You will need

120 gr of cooked orechiette pasta

For the sauce:

1 tbsp of oil
20 gr of onions, sliced
30 gr of sweetcorn
30 gr of red kidney beans
100 ml of tomato and basil sauce
1 tbsp of fresh parsley, chopped
Salt and black pepper to taste

Top with: GreenVie Grated Gouda Cheeze Chili peppers



Method

- In a hot pan add oil and start by frying the onions
- After 1 minute you can add in the corn and kidney beans
- Cook for 1 more minute and add in the tomato and basil sauce
- Season with salt and black pepper, if needed
- Cook for 3 minutes and toss in the cooked orechiette pasta with the fresh parsley
- Mix nicely and serve
- Sprinkle with Gouda Cheeze and chili peppers

Recipe & Photo credits **@topfoodfacts**







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