

JARRED PEPPER PASTA

WHO KNEW SUCH BIG SUNSHINE FLAVOURS COULD BE MADE SO FAST? YOU NEED THIS SUNNY ONE IN YOUR LIFE

SERVES 4

12 MINUTES

300g dried penne

1 bunch of flat-leaf
parsley (30g)

1 clove of garlic

1 x 460g jar of roasted
red peppers

100g blanched almonds

½–1 teaspoon dried red
chilli flakes

150g cottage cheese

- 1 Cook the pasta according to the packet instructions.
- 2 Blitz the parsley (stalks and all) in a blender with enough extra virgin olive oil to make a vibrant green oil, then pour into a clean jam jar.
- 3 Peel the garlic and place in the blender (there's no need to clean it) with the jarred peppers (juice and all), the almonds, chilli flakes, 2 tablespoons of olive oil, 1 tablespoon of red wine vinegar and half the cottage cheese. Blitz until super-smooth.
- 4 Drain the pasta, reserving a mugful of starchy cooking water, then return it to the pan. Pour over the pepper sauce and toss together over the heat, loosening with a splash of cooking water, if needed, then season to perfection with sea salt and black pepper.
- 5 Divide between serving plates, dot over the remaining cottage cheese, then drizzle with parsley oil, to taste, keeping the rest in the fridge for up to 3 days, or freezing in an ice cube tray for future meals.

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
591kcal	30.6g	4.7g	18.4g	64.1g	7.2g	0.2g	1.1g

