

GLUTEN FREE, EGG FREE VEGETABLE PASTA MEAL

INGREDIENTS

- Gluten free pasta-choose a brand that is gluten free, egg free, corn free if you are corn intolerant. I used a brand whose pasta was made from brown rice flour, and was gluten and egg free.
- Peas-cooked
- Carrots-chopped
- Garlic
- Ginger
- Oil
- Salt
- Black pepper-pinch
- Thyme-5ml
- Basil-5ml
- Oregano-5ml
- Broccoli-chopped
- Cauliflower-chopped
- Tomatoes-cut into pieces

METHOD

- Boil the gluten free pasta according to the specifications.
- Once ready, pour cold water and drain the water.
- Keep aside the pasta.
- Heat the oil on medium heat.
- Allow the garlic pieces to cook for 3-5 minutes until light brown.
- Add a pinch of black pepper.
- Add the chopped carrots, cooked peas, broccoli, cauliflower, tomatoes.
- Add the spices, thyme, oregano and basil.
- Keep turning till ready.
- Should cook for maximum of 10 minutes.
- Once ready mix the pasta and the vegetables, add olive oil to the mix and serve.

ENJOY