

Simple Roasted Veggie Linguine

Cook: 40 minutes



Step 1.

Preheat M series oven to 180 degrees on convection

Step 2.

Arrange Pepper, courgette, tomatoes and garlic on baking tray for 20-25 minutes

Step 3.

Boil some water in large pan, Cook linguine according to packaging direction

Step 4.

Using a pan slowly cook the onions with a drizzle of oil, cook on low for a few minutes, then add mushrooms and asparagus, cook for a further minute

Step 5.

Once the vegetables are roasted, add to the pan, using the paste of the garlic and add the white wine, simmer until wine is reduced

Step 6.

Drain the cooked Linguine and add to the pan and toss

Step 7.

Garnish with some shaved vegan cheese and serve into bowls.

Ingredients

Serves 4

1 Bunch asparagus trimmed & chopped into 1-inch pieces

1 Cup of cherry tomatoes (preferably on the vine for sweetness)

2 Courgettes

1 large onion, sliced

2 cups mushrooms sliced

1 small yellow pepper

3-4 cloves garlic

Salt & pepper to taste

Drizzle of olive oil

A pack of linguine (Gluten free optional)

A small glass of white wine

1 handful of basil loosely chopped

Vegan Italian parmesan cheese to garnish