

miso mushroom tomato pasta

gluten / dairy / naturally
FRIENDLY FREE SWEETENED

serves 4

ingredients:

300g gluten free fusilli or penne pasta
5 cloves garlic, crushed, finely chopped
1 sprig rosemary, leaves removed and finely chopped + stalks discarded
1 onion, diced
450g mushrooms, chopped into slices
1x 400g can cherry tomatoes
handful fresh cherry tomatoes (or use another 400g can of tomatoes)
5 heaped tsp of tomato paste
3 Tbsp miso paste
pinch of chilli flakes
1 tsp smoked paprika
1 tsp apple cider vinegar*
1 tbsp capers
juice of 1/2 lemon
130g spinach
pinch of sea salt
cracked black pepper

*Item not available online but is available in your local GoodFor store.

method:

Bring a large pot of water to the boil and cook pasta for 10-13 minutes. Drain and set aside. Keep some of the pasta water in case you need to loosen the pasta.

Heat a good glug of oil in a wok or large pan add garlic, rosemary, onion and a pinch of salt. Cook until the onion softens and starts to turn golden.

Add the sliced mushrooms and cook for 10mins or until they become soft.

Then add tomatoes, tomato paste, miso, chilli flakes, paprika, apple cider vinegar, capers, lemon juice + salt and pepper. Continue to cook for a further 4-5mins.

Lastly, add the spinach + pasta. Stir until well combined, allowing the spinach to wilt. To serve, divide between bowls. We love drizzling our pasta with tahini.

Any leftovers will keep in an airtight container in your fridge for up to 3 days. Simply reheat and enjoy.

