



Wholemeal Pasta Peperonata:

What you Need:

- 1 red pepper , deseeded and sliced
- 1 yellow pepper , deseeded and sliced
 - olive oil
 - sea salt
 - freshly ground black pepper
- 1 red onion , peeled and finely sliced
- 1 clove garlic , peeled and grated
- 1 handful fresh flat-leaf parsley, leaves finely chopped, stalks reserved
 - 1 tbsp red wine vinegar or balsamic vinegar
 - 1 handful Parmesan cheese , grated
- 1 heaped tbsp cream cheese or crème fraîche , optional
- 160 g wholemeal rigatoni, penne or spaghetti (or alternative choice pasta)

What to Do:

1. Put the peppers in a large frying pan over a medium heat with a little olive oil and a pinch of salt and pepper. Place a lid on, and cook slowly for 10 minutes until softened. Don't rush this too much, as cooking the peppers slowly like this really helps to bring out the flavour. Careful not to burn.
 2. Add the onion and cook for a further 20 minutes.
 3. Meanwhile put a large pot of salted water on to boil. Add the pasta to the boiling water and cook according to the packet instructions. When cooked, drain, reserving some of the cooking water.
 4. Add the garlic and parsley stalks to the pepper and onion mix, toss around, keeping everything moving in the pan. Cook for about 3 minutes most. Have a little taste, and season with a bit more salt and pepper.
 5. Add the vinegar - it will sizzle away, so give everything a good toss. Then add 3/4 handful of the grated Parmesan and the mascarpone or crème fraiche if you are using it and turn the heat down to minimum for a about 3 minutes, keep stirring.
 6. Put the pepper mix, pasta and parsley leaves into a large warmed bowl. Give them a good toss together, then add a little of the pasta cooking water and a few good lugs of extra virgin olive oil to coat the pasta nicely.
 7. Serve straight away sprinkled with the rest of the Parmesan and fresh herbs.
- This is the quite honestly one of the best pasta dishes ever! Seriously good, healthy and totally satisfying for those feeling hungry days.*