



La Pasta

Serve 4

Ingredients

- 2 aubergines
- 1 clove of garlic
- basil • oregano • chilli flakes
- 1 x 400 g can of quality plum tomatoes
- 320 g dried whole wheat spaghetti
- 200g of protein (Tofu/pulses/lean meat)
- extra virgin olive oil
- Grated cheese 2 (low fat)

Method

1. Slice and chop the aubergines in 2cm squares, spice them with oregano, chilli (optional), 2 teaspoon of olive oil and black pepper
2. Drain and chop the tofu in 2cm squares and peel and smash the garlic
3. Add a teaspoon of oil to a pan at a medium heat. Add tofu garlic and fry for 3 minutes
4. Add the aubergines and stir it until softened
5. Once all the ingredients are nicely roasted, add plum tomatoes
6. Reduce the heat, let ingredients sim for 15 minutes, checking from time to time that the sauce doesn't get dry
7. Cook the spaghetti in a pan of boiling unsalted water for 8 minutes
8. Drain the water, add the spaghetti to the sauce and mix.
9. Divide between bowls, grate over the cheese

Tips

If you feel your sauce is too dry, add a small cup of the pasta cooking water to dilute it

