



# Recipe

## red pepper GF pasta for a family of 4

This colourful, flavour-packed dish is sure to make little tummies smile. We whizz up butter beans and crushed pumpkin seeds with sweet roasted red peppers, heaps of fresh basil, and just a splash of lemon juice and red wine vinegar. The result is a smooth, creamy sauce that's full of flavour, all without adding any salt. Stir it through pasta of your choice and you've got a hearty, balanced, yummy meal!



### Ingredients

cooked pasta - enough for 4 people

2 large red peppers - diced

glug of cooking oil

240g of red onion - diced

1tsp of smoked paprika

a pinch of ground black pepper

1tbsp of dried oregano

a pinch of mild red chilli flakes

20g of pumpkin seeds - chopped

1 tin of butterbeans - drained

400ml water

1 small bunch of basil - chopped

juice of half a lemon

splash of red wine vinegar

### Method

Preheat oven to 220°C and once hot, add diced roasted red peppers and cook until charred

Add oil to wide based pan on medium heat and add red onion and gently caramelize until golden

Add the roasted red pepper from the oven

Add garlic, smoked paprika, black pepper, oregano and mild chilli flakes and mix well to combine

Add seeds, butterbeans and water and use a stick blender to blend until smooth

Once ready to serve, add chopped basil, lemon juice and red wine vinegar

Stir through the pasta to serve & enjoy!

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**Nutritious delight with every bite**

**Please note:** This recipe is correct at the time of publication on 2/10/2025. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.