

Veggie Pasta Bake

Ingredients

- Pasta
- Onion
- Garlic
- Artichokes
- Red Peppers
- Chilli
- Tomatoes
- Soy Sauce
- Vinegar
- Hot Sauce
- Cheese (any you've got)
- Breadcrumbs

Recipe

1. Start by draining the oil from the jars of red peppers and artichokes – keeping it to cook with.
2. Heat the pan up to a medium heat
3. Dice your onion and throw it into the pan until it starts to caramelize – leave it in the pan for 10-15 minutes
4. Now roughly chop 4 cloves of garlic and throw it in too
5. Bring a pan of water to boil and add in your pasta
6. Now grab your drained artichokes and peppers and chop them up
7. Now chop your chilli up and any tomatoes you may have
8. Pour some Soy Sauce into the pan of onions
9. Next up add to the pan your chopped artichokes, peppers, chilli and tomatoes.
10. Give it all a stir and add in your tomato soup – bringing it up to boil
11. Stir all the ingredients around and season with salt, pepper, vinegar and hot a dash of hot sauce.
12. Squeeze in a touch of lemon juice and add any chopped fresh herbs (Tom adds fresh Oregano)
13. Add all the ingredients to a bowl and wait for the pasta to cook
14. Pre-heat your oven to 210 degrees
15. Once the pasta's cooked (look at the packet for the exact time), drain it and mix it in with all the other ingredients
16. Now put the pasta mix into a baking tray and sprinkle your remaining oil over the top
17. Add any cheese you have in the house to the top of the bake
18. Place your bake in the pre-heated oven for 10-12 minutes or for however long it takes for the cheese to mix
19. To add some texture, Tom adds some breadcrumbs onto the oven and grills for 5-10 minutes
20. Take your bake out the oven and let it sit for 5 minutes – before tucking in and enjoying!