

Mediterranean beef pasta

Easy to make and nutritious, this take on a classic Mediterranean dish is packed full of nutritious vegetables.



Serves: 4

Time: 1 hour

Ingredients

- 225 grams lean beef cut into strips
- 1 clove of garlic, crushed
- 1 red pepper, sliced
- 1 courgette, chopped
- 100 grams mushrooms, sliced
- 225 grams tin of chopped tomatoes
- 1 tablespoon of tomato ketchup
- Dried mixed herbs to taste
- 200 grams pasta shapes

Method

1. In a saucepan or wok, fry the meat and garlic for 4 to 5 minutes until browned, you shouldn't need to use any oil.
2. Then add the pepper, courgette and mushrooms and stir-fry for 2 minutes. Stir in chopped tomatoes, ketchup and herbs, and season to taste. Then bring to the boil and simmer for 5 minutes.
3. Cook pasta according to the instructions on the packet. Drain the pasta and stir into the sauce.

Nutritional Information

| Each serving provides | Amount in grams |
|-----------------------|-----------------------------------|
| Energy | 1269 kilojoules/ 300 kilocalories |
| Fat | 4 |
| Saturates | 1.2 |
| Sugar | 8.4 |
| Salt | 0.3 |

Typical values per 100g: Energy 447kJ/106kilocalories

The nutritional information stated above is based on each serving of Mediterranean Beef Pasta and excludes accompaniments.

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