

Farafell Pasta recipe

Ingredients for 8 people

1 BOX Barilla Farfalle
1/4 CUP Fava Bean (May Substitute Lima Beans)
1/2 CUP Broccoli Florets
1/2 CUP each of Red, Green and Yellow Capsicum
1/4 CUP Fresh Green Bean Chopped
1/4 CUP Extra Virgin Olive Oil
1/2 CUP Onion Chopped
1 TABLESPOON Garlic Minced
1/2 CUP Cherry Tomato Halved
1/2 CUP Vegetable Stock)
1/4 CUP Fresh Basil Chopped
1/4 CUP fresh chopped parsley
2 TABLESPOONS Parmigiano Reggiano Cheese Grated

Method:

- BRING a large pot of water to a boil and add frozen lima or Fava beans and take them out after they are softened
- HEAT olive oil in a large skillet placed over medium heat add green beans and cook them for 3 to 4 min then add mushrooms satay for 2 min add broccoli satay for 2 min and add capsicum cook for 2 min and set aside.
- Meanwhile cook the pasta according to the box directions and set aside and sprinkle little bit of olive oil on pasta and set aside
- Heat olive oil Add onion and garlic to skillet
- Cook and stir until garlic is just golden and Add the cooked veggies and halved tomatoes.
- Season with salt and pepper to taste and add pasta to the veggies with some veg stock and grated cheese
- Add basil and Parsley
- Place in a serving dish and sprinkle with additional grated cheese if desired