



DropChef



Mediterranean One-Pot Pasta

You'll fall in love with this easy and amazingly flavourful one-pot pasta dish combines! The Mediterranean diet is both delicious and nutritious. It places an emphasis on fresh, and colorful eating. Trust us, your plate will never be boring with a Mediterranean meal. This dish is loaded with a great serving of vegetables, and all your favorite Mediterranean flavors.

Ingredients

- Kalamata Olives
- Sun-dried Tomatoes
- Fresh Parsley
- Capers
- Chopped Tomato
- Farfalle
- Dried Chilli Flakes
- Garlic Cloves
- Pepper

Your Pantry

- Olive Oil / Rapeseed Oil

Nutritional Info

Calories: 611 kcal
Carbohydrates: 107 g
Protein: 20.5 g
Fat: 13.5 g

Allergens


Wheat (Pasta)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Put the Kettle on

Put some water on to boil. This will save some time later on.

2) Prepare the vegetables

Finely slice the garlic. Roughly chop the olives and sun-dried tomatoes. Finely chop the parsley and separate the stalks and leaves. Finely slice the pepper. Set all the vegetables aside.

3) Cook the Vegetables

Place a large saucepan or casserole dish on a medium heat. Add some olive oil to the dish and then add the garlic, capers, olives, sliced pepper and sun-dried tomatoes. Sprinkle in the dried chilli flakes (for a milder level of spice use less of the chilli flakes). Cook the vegetables for around 10 minutes until the peppers have softened.

4) Add the Chopped Tomato

Pour in the chopped tomato and approximately 150 ml of water per person.

5) Stir in the Parsley Stalks

Add the parsley stalks to the dish and stir through. Hold back the leaves for later.

6) Add the Pasta

Add in the pasta and bring everything to the boil. Then turn down the heat, cover with a lid and simmer for 12 – 15 minutes. Stirring frequently to stop any sticking.

7) Plate the dish

Stir the fresh parsley leaves through the dish at the end, serve and enjoy.



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