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PRESENTS...

Let's Get Cooking!!!

## Red Pepper Pasta

### Ingredients

2 Red Bell Peppers  
1 Red Onion  
2 cloves crushed garlic  
3 Fresh Plum tomatoes  
1 courgette  
1 teaspoon of paprika  
½ teaspoon of bird's eye dried chilli flakes  
1 Aubergine  
Fresh coriander  
Fresh Parsley  
1 tablespoon of olive oil  
140g of lentil/chickpea pasta - gluten free  
Water  
Parmesan - optional - can use a vegan alternative

Prep Time: 10 minutes

Cooking Time: 15 minutes

Serves



### Method

1. Chop all the veggies ready for sautéing.
2. Pour olive oil in the instant pot pan and turn the instant pot to saute mode until the oil heats up. Add the onions and fry until slightly brown then add the garlic, red chillies and paprika and fry for 1 minute.
3. Meanwhile blend the tomatoes and peppers to sauce consistency. Add the mixture to the fried onions and garlic and continue to fry for 5 minutes.
4. Add the courgette and aubergine to the sauce mixture.
5. Add the pasta to the pan and fry for 1 minute.
6. Add water to the pot to the level of the pasta. Put the lid on and turn the steam vent to seal. Select manual, then high pressure and time of 7 minutes. The instant pot will beep when the food is ready. Carefully twist the steam vent to venting to let the steam escape.

**Voila your pasta is ready to serve.**