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Red Pepper and Courgette Pasta



Ingredients

3 large red peppers
350-400g fusilli or penne pasta
2 tablespoons of extra virgin olive oil
1 large onion
3 fat cloves of garlic
2-3 courgettes
50ml vegetable stock
1 level tablespoon of plain flour
A quarter teaspoon of crushed chilli flakes
Salt and freshly ground black pepper
A handful of fresh basil
A handful of fresh parsley
2 tablespoons of low fat crème fraiche
40g pecorino cheese

Preparation

1. 1. First prepare the red peppers. Deseed them and cut them into quarters. Cook them under a hot grill, skin side up, for about 10-12 minutes or until they soften and the skin begins to blister and blacken. Put them in a plastic bag to cool in the fridge then, when chilled, peel off the skin and slice into strips.
2. 2. Cook the pasta in a large saucepan of salted water following the instructions on the packet. When it is al dente, drain, stir in a little olive oil and set to one side.
3. 3. Peel the onion and chop finely. Heat a good tablespoon of olive oil in a large pan and cook the onion very gently for 5-6 minutes, stirring occasionally, then add the crushed garlic and cook for a further 2 minutes.
4. 4. Meanwhile, slice the courgettes into quarters lengthways then chop into pieces. Heat a tablespoon of oil in a wok or frying pan and sauté gently over a low heat for 4-5 minutes.
5. 5. Pour in the hot stock. Sprinkle the flour into the saucepan, stirring all the time to mix it in. Add the chilli flakes

6 I only used a small amount, enough to add a little heat, so add more if you want it hotter. Stir in the prepared peppers and courgettes, season to taste with salt and black pepper, then reheat and simmer gently for just a few minutes.

7 6. Add the cooked, drained pasta and combine with the sauce. Chop the basil and parsley finely, reserving a little of each for garnish, then add them to the pan. Stir in the crème fraiche, cook just long enough to allow it to heat through, then serve the pasta immediately.

8 Garnish with grated pecorino cheese and a sprinkling of chopped herbs.

Cooks Note