

Rice & Corn Spaghetti Noodles with Vegetable Medley Sauce

Ingredients:

1 Packet ORGRAN Rice & Corn Spaghetti Noodles
1 small Eggplant, peeled
¼ cup Olive Oil
1 medium Zucchini, thinly sliced
1 medium Onion, thinly sliced
1 medium Green Pepper, thinly sliced
1 clove Garlic, minced
3 medium Tomatoes, peeled & sliced
1tsp Salt (optional)
¼ cup Parsley, chopped
Parmesan Cheese (optional)

Method:

1. Peel Eggplant & cut into 5cm long strips by 1cm thick.
2. Place ¼ cup Oil in saucepan on high & sauté strips on both sides. remove strips and put aside.
3. Sauté zucchini on both sides. Remove strips and put aside.
4. In the Saucepan sauté garlic, onions, & capsicum for 2-3 minutes. 5. Turn Saucepan down to medium heat & place tomato slices in pan. 6. Cover and cook for 5 minutes.
7. Stir in eggplant, zucchini and remaining ingredients.
8. Cover and simmer for 25 minutes.
9. While simmering cook ORGRAN pasta according to instructions on the packet.
10. Drain Pasta & place on serving dishes. Pour sauce over pasta.
11. Serve the meal hot and add cheese if desired.

Serves: 4