# VEGAN VEGETABLE FAJITA PASTA

INGREDIENTS:

- 300g (3 cups uncooked) pasta
- 3 peppers
- 2 big handfuls of mushrooms
- 1 large courgetti
- 1 large onion
- 1 tablespoon tomato purée
- 1 carton of passata (around 4 cups)
  - Substitute Options: chopped tomatoes OR tomatoes paste OR tomato puree
- Fajita Seasoning (from a packet) or see recipe below in "Directions"
- Olive oil

2-3 tablespoons vegan cream cheese (optional)

DIRECTIONS:

1. If making your own seasoning, combine in a bowl: 2 teaspoons of cumin, 2 teaspoons paprika, 2 teaspoons garlic powder, 1 teaspoon chili powder, 1 teaspoon salt and 1 teaspoon pepper. Adjust the amounts to taste.
2. Peel, slice up the onions, deseed, and slice the peppers. Chop up the mushrooms and courgetti.
3. In a bowl, drizzle the vegetables with olive oil and coat them with the seasoning.
4. Add in the vegetables and cook for 5-10 minutes until softened.
5. Stir through a tablespoon of tomato purée for a minute.
6. Add in the tomato passata or chopped tomatoes.
7. Optionally stir in the vegan cream cheese until melted.
8. Allow to gently simmer for 10 minutes.
9. Meanwhile, cook the pasta per pack instructions.
10. When it is all cooked, drain the pasta and stir into the vegetables and sauce.
11. Serve!

BALANCING MEAL IDEAS:

- Add tofu or veggie-based chicken/beef to increase protein intake
- Add edamame to increase protein intake
- Add other stir-fried veggies, such as: broccoli, cabbage, spinach, etc....

NOTES:

- Makes 4 servings

Reference: https://studenteats.co.uk/recipe/vegan-vegetable-fajita-pasta-recipe/#google_vignette