## VEGAN VEGETABLE FAJITA PAS TA



#### **INGREDIENTS:**

300g (3 cups uncooked) pasta 3 peppers

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 boMeaspoons 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 thueth the seasoning.
- 4. Add in the vegetables and cook for 6-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 veggidbased chicken/beef to increase protein intake Add edamame to increase protein intake
Add other stiffried veggies, such as: broccoli, cabbage, spinetch,...

# NOTES:

Makes 4 servings
Reference https://studenteats.co.uk/recipe/vegægetablefajita-pasta recipe/#google\_vignette