



Creamy Spinach Pasta

*QUICK MEALS: PANTRY/FREEZER
INGREDIENTS*

Serves 3-4 adults.

Ingredients:

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- Spaghetti pasta 500grams/17.6 ounces (Gluten-free, if not gluten intolerant/sensitive try whole wheat pasta)
- Frozen peas - 1 cup
- Frozen corn - 2 cups
- Frozen spinach - 125 grams/4.4 ounces
- Garlic powder - 1.5 tablespoons
- Dried oregano - 2 teaspoons
- Balsamic vinegar - 2-4 tablespoons
- Salt to taste
- Pepper to taste
- Water 2.25 cups (for the sauce)
- Optional: chili flakes to sprinkle on top

Method:

Cook your pasta as per the instructions on the pack. Place your 2.25 cups of water in a pot and heat until boiling. Add your corn to the boiling water, then add your peas, spinach, garlic powder, dried oregano, add 2 tablespoons of the balsamic vinegar and salt and pepper to taste. Cook for 5 minutes. Then blend until smooth. Adjust seasoning - add salt, pepper and additional balsamic vinegar if required. If the consistency of the sauce is too thick for your liking add in some of the pasta cooking water.

Drain the pasta and add to the sauce, mix to coat the pasta, then you're ready to serve.

1 of 1 for recipe