



**SIL  
School  
Food**

School Improvement  
Liverpool

# Creamy rainbow pasta

## Ingredients (Serves 4)

- 1 tsp garlic
- 1 tbsp. oil
- 1 onion/red onion
- ½ red pepper
- ½ orange pepper
- ½ stick broccoli
- Handful frozen peas
- ½ bag spinach leaves
- Handful fresh herbs (e.g. chives, parsley, basil)
- 300g cooked pasta
- 300ml vegetable stock
- 3 tbsp. crème fraiche

## Equipment

- Knife
- Chopping board
- Measuring jug
- Tablespoon
- Teaspoon
- Large pan
- Serving spoon

## Method

1. Prepare the pasta as directed to on the packet (you can use fresh or dried pasta).
2. Prepare and chop the vegetables (onion, peppers and broccoli) into small pieces.
3. Tear the spinach leaves up.
4. Fry some garlic in the oil in a hot pan and add the onions, peppers and broccoli. Fry them until they have softened.
5. Then, add the spinach leaves and frozen peas.
6. Add the cooked pasta, vegetable stock and crème fraiche. Mix well so all the ingredients are coated with crème fraiche (you can add a bit more if you want it creamier!)
7. Finally, tear or snip the herbs and add to the pan along with some salt and pepper.
8. Serve hot and enjoy!

