

Edible Gems™

PURE DELICIOUSNESS

Edible Gems Pasta Fagioli

Ingredients

3 tablespoons of olive oil
1 large onion diced
1 clove garlic diced
½ teaspoon chilli flakes (optional)
2 tablespoons sundried tomato paste
1 can chopped peeled tomatoes
1 small diced carrot
1 small diced potato
2 to 3 litre chicken stock or water
3 handfuls of fresh or frozen spinach
300 g pack Edible Gems Borlotti Beans
Chopped parsley
Salt and pepper to taste
500g of fresh or dried, small-shaped pasta, cooked per pack instructions



Instructions

Fry onion in olive oil until translucent. Add garlic, chilli (optional) and stir through. Stir in tomato paste and tinned tomatoes and fry for two minutes until thickened. Add carrots, potatoes, chicken stock, borlotti beans, spinach, parsley and pepper to taste. Cover beans with stock or water. Bring to boil, turn down heat to medium and cook for 20 to 30 minutes until tender.

Cook pasta separately until al dente as per pack instructions. Drain, reserving a small amount of liquid. Stir the cooked pasta through the fagioli mix. Add salt to taste.

Serves 4 – 6.

Available until the end of May, Edible Gems delicious, nutty flavoured borlotti beans are available from selected greengrocers and specialty retailers. RRP: \$4.99 (300g pack).

For stockists, visit: www.ediblegems.com.au

