

Recipe

Pasta Prema

By

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Ingredients

- 450 gm or 1 lb pasta (penne rigate)
- 1 Tbsp olive oil
- ½ Tsp yellow asafetida powder
- ¾ Tsp dried basil
- ¾ Tsp dried oregano
- 1 red bell pepper chopped finely
- 2½ C tomato puree
- 1½ Tsp salt

- 1 Tsp sugar
- ¼ Tsp ground black pepper
- 1 celery stalk, diced
- 2 zucchinis, diced in 1.5 cm cubes
- 1 green bell pepper, diced in 1.5 cm cubes
- 1 C olives cut in halves
- ½ C chopped fresh parsley leaves
- 1 C grated mozzarella cheese

Preparation

1. Cook the pasta in water according to the directions given in the packet. Drain the pasta and keep aside.
2. **For the tomato sauce:** heat 1 tsp of oil in a saucepan over moderate heat. Sprinkle ¼ Tsp asafetida, the basil, oregano and red bell peppers. Saute for a minute. Pour the tomato puree; add the 1 Tsp salt, sugar and black pepper. Cook partially covered over low heat for 15 minutes.
3. **For stir-fry the vegetables:** heat the remaining oil in a sauté pan over moderate heat, sprinkle the remaining asafetida. Add all the vegetables and mix well. Cook until tender.
4. **Assemble and bake:** In a mixing bowl, combine the pasta, tomato sauce and the stir fried vegetables. Transfer the combined pasta dish to a greased 9x13x2-inch baking pan, sprinkle with cheese. Bake in a preheated oven at 350 F/180 C for 15 minutes. Serve hot.

Serves

4-5

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