



ALL-IN-ONE CREAMY VEGETABLE PASTA (DIABETES) (TM6, TM5)

⏱ 10 min. ⌚ 40 min. 🌿 easy 🍴 4 portions

INGREDIENTS

2 tbsp hemp seeds
 2 tbsp pine nuts
 75 g brown onion (½ medium onion)
 2 garlic cloves
 6 sprigs fresh flat-leaf parsley, leaves only
 4 sprigs fresh basil, leaves only, plus an extra 2 sprigs to garnish
 ½ red capsicum, deseeded and cut into pieces
 100 g zucchini, cut into pieces
 30 g extra virgin olive oil
 400 g cherry tomatoes, cut into halves
 200 g button mushrooms, cut into halves
 25 g pitted Kalamata olives, rinsed and cut into halves
 100 g cream cheese
 100 g ricotta
 300 g water
 1 tbsp Vegetable stock paste, salt-free (see Tip)
 200 g dried wholemeal spaghetti, broken into halves

USEFUL ITEMS

bowl, thermal serving bowl or other large bowl, serving bowls

THERMOMIX PARTS

measuring cup, spatula, simmering basket

Preparation

1. Place hemp seeds and pine nuts into mixing bowl and dry roast **2 min/90°C/🌀/speed 1**. Transfer into a bowl and set aside.
2. Place onion, garlic, parsley and 4 sprigs of basil leaves into mixing bowl, then chop **3 sec/speed 7**. Scrape down sides of mixing bowl with spatula.
3. Add capsicum, zucchini and oil, then chop **3 sec/speed 5**. Scrape down sides of mixing bowl with spatula and sauté **5 min/120°C/🌀/speed 1**.
4. Add tomatoes, mushrooms, olives, cream cheese, ricotta, water and stock paste, then cook **10 min/100°C/🌀/speed 1**.
5. Add dried pasta and mix well with spatula to ensure pasta is completely submerged in the sauce, then cook **7 min/100°C/🌀/speed 0.5** or until pasta is almost cooked. Transfer into a thermal serving bowl or other large bowl. Cover and set aside for 5 minutes to allow pasta to finish cooking.
6. Divide pasta among four serving bowls, top with roasted seeds and nuts and remaining basil leaves and serve.

TIP

- For salt-free vegetable stock paste, please see recipe on Cookidoo®.