

Gluten Free Pasta Primavera

Preparation time: 45 min

Difficulty: Easy

Ingredients

- Cayenne Pepper: 1 pinch
- Cherry tomatoes: 1 handful
- Fava beans or similar (if you use fresh ones you need to peel and shell them): 150g
- Frozen peas: 200g
- Green asparagus: 500g (about 2 bunches)
- Large red onion: 1
- Mozzarella cheese: 125g
- Olive oil:
- Penne Pasta: 400g
- Pepper:
- Pomi Organic Strained Tomatoes: 500g
- Pressed garlic cloves: 3-4
- Salt:
- Stems of fresh basil: 2-3



Preparation

We always love to eat gluten-free pasta a few times a week and this Veggie Medley pasta recipe is a new favorite for sure! Thanks to the strained tomatoes from Pomi, it's quite a light meal and all the vegetables like peas, green asparagus, and fava beans give you all the extra fresh feelings. We also added buffalo mozzarella, which is the perfect addition when you like to eat cheese. We grilled it in the oven, so it got nicely melted on top, so fabulous! We hope you will enjoy this colorful recipe as well!

Instructions:

Peel the fava beans and blanch in boiling water, then refresh, shell the skin and cook again for about 10 minutes in salted water. Cook the peas and penne pasta as well in salted water till firm bite. Cut off the stringy ends of the green asparagus, then cut into smaller bites and fry in olive oil for 5 minutes. Chop the onion, fry in olive oil for a moment, then stir in the pressed garlic and tomato sauce. Afterward season with cayenne pepper, cumin, honey, salt, and pepper. Switch on the barbecue. Fill one of the tomato sauce on the bottom of the baking dish, then spread one layer of penne pasta, fava bean, peas, and green asparagus. Continue with a second layer of penne pasta, fava beans, peas, and asparagus, then spread the remaining tomato sauce on top of the pasta and top with mozzarella pieces. Cut the cherry tomatoes in halves and arrange on top. Grill the penne pasta dish for around 12 minutes or until the mozzarella has melted. In the end, decorate with fresh basil.

For this recipe we used:

Organic Strained Tomatoes

