

VEGAN MEALS FOR £1

Aubergine and Mushroom Pasta Bake

Serves: 3-4

Approx. cost per portion: £1.00

Ingredients

- 500g dried pasta
- 4 tbsp oil
- 1 aubergine (diced)
- 1 courgette (diced)
- 150g mushrooms (diced)
- 2 garlic cloves (crushed)
- 1 jar of tomato pasta sauce (500g)
- 1 tsp rosemary
- Salt & pepper
- 100g grated vegan cheese



Method

- 1) To a large baking tray add all the chopped veg and drizzle with olive oil and a pinch of salt. Cover the veg in the oil and bake in the oven for 25-30 minutes.
- 2) While the veg is roasting add your pasta to a pan and cook.
- 3) In a large pan, on a low heat, pour in the pasta sauce, herbs, salt & pepper. By heating the sauce it reduces the cooking time in the oven.
- 4) Drain the pasta and add to the pasta sauce, stir until covered in the sauce.
- 5) Pour into an oven proof dish and top with grated vegan cheese.
- 6) Bake for 15-20 minutes until the cheese is golden and slightly browned. Serve!

For more vegan recipes, visit:
www.animalaid.org.uk/veganrecipes

