East End Flat Pack Meals
Recipe supporting the
Thrive Under 5 Project

NHS Greater Glasgow and Clyde

Follow link below for recipes and advice for when it's time to introduce solid foods to your baby:

https://www.nhsggc.scot/your-health/early-years/starting-solids

TOMATO and COURGETTE PASTA

INGREDIENTS (SERVES 4)

- **200g/ 2** Cups of penne pasta
- **1** Onion
- **1** Courgette
- **1** Pepper
- **1** Tin of tomatoes
- **2** Garlic cloves
- **1** Teaspoon of dried oregano
- **2** Tablespoons of vegetable oil (not supplied)

EQUIPMENT NEEDED

- Chopping board
- Sharp knife
- **1** Large-sized pot
- **1** Medium-sized pot
- Wooden spoon
- Tin opener
- Frying pan
- Sieve



PREPARATION TIME:
20 minutes

METHOD

1. Wash the pepper and the courgette. Chop the courgette, pepper and finely peel and chop the garlic. Peel and dice the onion.
2. Add the vegetable oil to the frying pan and then add the vegetables (including garlic). Cook on a medium heat for **5-10 minutes** until vegetables are soft.
3. Add pasta to a pot of boiling water and cook for about **10 minutes** until tender and then drain.
4. Once the vegetables are cooked, add them to a large pot. Then add in the pasta and mix well.
5. Add the dried oregano and the tin of tomatoes to the pasta and vegetables.
6. Stir together and heat for a further **5 minutes** before serving.



ALLERGY INFORMATION:

Pasta contains gluten.