



French Cuisine


MADE SIMPLE

French Roasted Veggie Pasta

Pâtes aux légumes rôtis

 4 people

 10 mins prep time

 50 mins total time

 Easy

INGREDIENTS

Part 1

- 1 eggplant cubed
- 2 handfuls of cherry tomatoes cut in halves
- Small container of mushrooms sliced
- 3 garlic cloves diced
- 1 purple onion sliced
- 1 red pepper sliced

Part 2

- 1 can of tomato sauce
(optional: use meat sauce)
- 5 tablespoons of oil
- ½ tsp crushed red pepper
- 1 tablespoon of basil
- 1 tablespoon of oregano
- ¼ tsp cumin (optional)
- salt and pepper

Other:

- Your favorite pasta
- Parmesan cheese
- Mozzarella cheese

Put in your favorite veggies as this recipe is super flexible!



DIRECTIONS

1. Preheat the oven to 400 °F (200 °C).
2. Cut all the veggies in Part 1 and place them in a casserole dish.
3. Add the ingredients of Part 2 on top of Part 1 and mix together well.
4. Put the veggies in the oven and bake for about 30 minutes until completely cooked.
5. While waiting, heat water and cook your favorite pasta to accompany the roasted veggies.
6. Once both the pasta and veggies are cooked, take a one-person portion of pasta and a portion of roasted veggies and put them together in a mixing bowl. Add 1-2 tablespoon of parmesan on top and lightly toss them together.
7. Place the mixture on a dish and top with fresh mozzarella, parmesan, basil, and cracked pepper.
8. The roasted veggie mixture preserves for 5-7 days in the frig.

Bon Appetit!
Emilie Anne 

