

RECIPES | PEPPERS

VEGAN VEGETABLE PRIMAVERA



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Recipe by Laurel of Darn Good Veggies.

INGREDIENTS

8 oz Pure Flavor® Aurora Bites Mini Sweet Peppers
1 pint Pure Flavor® Sangria Medley Tomatoes
10 oz pasta noodles
3 cloves garlic, sliced
1/4 cup fresh basil, chopped
1/4 cup fresh parsley, chopped
Zest and juice from one lemon
3/4 teaspoon salt
4 tablespoons olive oil, divided
Optional: pinch of red pepper flakes

DIRECTIONS

1. Bring a pot of water to a boil and season the water with salt. Boil the pasta until al dente. Drain and set aside.
2. Heat two tablespoons of olive oil in a large skillet over medium heat. Add in the mini sweet peppers, garlic, red pepper flakes and salt.
3. Sauté until the peppers begin to soften and then add tomatoes. Cook until some of the tomatoes burst.
4. Remove the skillet from heat and add the pasta, lemon juice, remaining olive oil and herbs.



TOTAL TIME

20 minutes

PREP TIME

5 minutes

COOK TIME

15 minutes

SERVES

4

COOKING LEVEL

Easy