



MEDITERRANEAN CHORIZO PASTA

Prep time 10 mins | Cooking time 55 minutes | Pre-heat 200°C/400°F/Gas mark 6 | Serves 4-6

A little taste of the Mediterranean with meat free Chorizo and new Greek Style dairy free cheese. This pasta is the perfect mix of flavours and is a healthy vegan alternative to your average cheesy pasta.

Ingredients

1 tsp coconut oil
200g Vegan Smoked Chorizo
1 onion
3 cloves of garlic
1 red pepper
½ cup pitted black olives
6 sundried tomatoes
500 ml dairy-free cream alternative
1 cup of water
100g Bute Island Greek Style Sheese
1 tbsp nutritional yeast
Salt & pepper to taste
Handful of fresh parley
300g dried whole-wheat fusilli pasta
2 handfuls of grated Bute Island Mature Cheddar Style Sheese



Cooking Method

Preheat the oven to 200°C/400F/Gas mark 6

Begin by peeling and chopping the onion into small chunks, do the same to the vegan chorizo and also crush the garlic.

Place a non-stick frying pan to a medium-heat and lightly fry the onion, chorizo and garlic in the coconut oil until golden (approximately 5 minutes).

Chop the red pepper and pour it over the other three ingredients in the frying pan and lightly fry for a further 3-4 minutes.

Add the black pitted olives, sundried tomatoes, dairy free cream, water, Greek style Sheese, nutritional yeast, salt, pepper and chopped parley and let it simmer on low heat for approximately 5-8 minutes (adjust seasoning if needed).

Place the dried pasta into a prepared baking tray and pour the creamy sauce over, combine to make sure all of the pasta is soaked in the sauce.

Sprinkle the pasta bake with Bute Island grated Sheese.

Place in the oven to bake for 35 minutes.