



## Food For Thought Recipe and Allergen Card

### Vegetable and Feta Pasta

100 Portions

Ingredient	Hannah Product Code	Quantity
Fusili Pasta	D200385	3k
Peas	F003010	1k
Sweetcorn	F003015	1k
Onion – Diced		
Garlic – Diced		
Cooked diced carrot		1k
Cooked chickpeas	D001486	2x 400g tins
Feta Cheese - cubed	C000468	200g
Olive oil		For frying

#### RECIPE METHOD – **ALLERGENS**

1. In a heavy bottomed sauce pan add enough water to cook the pasta
2. Add the pasta and cook for 10-12 minutes
3. In a large frying pan add oil for frying and heat until very hot
4. Add the onion and garlic and cook for a few minutes until starting to colour
5. Add the peas, sweetcorn, carrot and chickpeas and stir fry for a couple of minutes
6. Add the hot pasta and stir fry for 2 minutes
7. Stir in the feta cheese and serve immediately

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : **Wheat**

Rye

Barley

Oats

Spelt

Kamut

**Milk**

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...