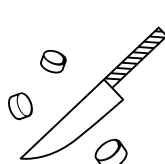


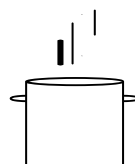


Red Pepper Linguine

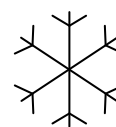
Have you tried our quick and easy 15 minute linguine? This plant based dish is great mid week meal, lunch or dinner.



5



15



2



Ingredients

2 Roasted Red Pepper

3 tablespoon of The Groovy Food Company Organic Virgin Coconut Oil infused with Chilli and Garlic

100g walnuts, toasted, plus extra to serve

200g linguine or spaghetti

Parmesan or vegetarian alternative, grated, to serve

Parsely garnish - finely chopped

Directions

1. Blitz the roasted red pepper with The Groovy Food Company Organic Virgin Coconut Oil infused with Chilli and Garlic and walnuts in a food processor, season well and set aside.
2. Bring a pan of salted water to the boil, add the pasta and cook for 1 min less that the pack instructions and drain, reserving a ladleful of cooking water.
3. Tip the pasta back into the pan, along with the reserved cooking water and red pepper sauce, and return to the heat to warm through.
4. Tip the pasta into a bowl and top with the parmesan, chopped toasted walnuts and parsley.
5. Season with salt and pepper and serve.