One Pot Cheesy Goulash

A hearty and comforting pasta dish packed with sweet corn, capsicum, and tomatoes in a rich, cheesy tomato sauce.

⏱ 30 minutes   🍴 2 servings   🥗 Vegetarian

FROM YOUR BOX

BROWN ONION	1
GREEN CAPSICUM	1
TOMATO	1
CORN COB	1
SHORT PASTA	1 packet
TOMATO PASTE	1 sachet
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

Use a large frypan or heavy base pan big enough to hold all the pasta. You will need to have a lid for the pan to cook this dish.

Add extra vegetables like zucchini, carrot, baby spinach or frozen peas to boost the nutrition and make the dish go further.

No gluten option - pasta is replaced with GF pasta.

At step 2, add whole of packet pasta, tomato paste, 1L water and 1/2 packet parmesan cheese to pan. Stir to combine. Cover with a lid and simmer for 10-15 minutes, until pasta is tender.

1. SAUTÉ THE VEGETABLES

Dice **onion**, **capsicum** and **tomato**. Remove **corn kernels** from cob. Heat **oil** in a large frypan or heavy-based pan (see notes) over medium-high heat. Add all vegetables and cook for 5 minutes until softened. Season with spices or herbs (see tip).

TIP *We added 1 tsp dried oregano, 1 tsp ground paprika and a crushed garlic clove for flavour. You can also use smoked paprika and a pinch of ground cumin for a taco-style flavour.*

2. ADD PASTA AND SIMMER

Add **1/2 packet pasta**, **tomato paste**, **3 cups (750ml) water** and **1/2 packet parmesan cheese** to pan. Stir to combine. Cover with a lid and simmer for 20–25 minutes, until pasta is tender.

TIP *Stir occasionally to prevent sticking. Boost flavour with liquid stock instead of water or add stock paste, a splash of soy sauce, or a pinch of chilli flakes for depth.*

3. MELT THE CHEESE AND SERVE

Season pasta with **salt and pepper** to taste. Sprinkle remaining parmesan on top. Cover with lid and cook until melted (roughy 2 minutes). Serve pasta at the table.

TIP *You can garnish the pasta with fresh chopped parsley or basil.*

This recipe has simplified instructions to help lower your meal cost.