



## 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



4 servings



Vegetarian

## FROM YOUR BOX

BROWN ONION	1
GREEN CAPSICUM	1
TOMATOES	2
CORN COBS	2
SHORT PASTA	1 packet
TOMATO PASTE	2 sachets
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.**

Reduce water in step 2. to 1L and cook for 10 minutes, until pasta is just tender. Continue at step 3.

## 1. SAUTÉ THE VEGETABLES

Dice **onion**, **capsicum** and **tomatoes**. Remove **corn kernels** from cobs. 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 2 tsp dried oregano, 2 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 **pasta**, **tomato paste**, **1.2L 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 (roughly 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.**