

Serves 4 | Prep 10 mins | Cook 20–25 mins

INGREDIENTS

1 tbsp olive oil;
1 onion, finely chopped;
2 cloves garlic, crushed;
1 courgette, diced;
100g runner beans, sliced;
150g cherry tomatoes, halved or larger tomatoes chopped;
1 tbsp tomato purée;
1 tsp oregano or thyme; salt & pepper
1 tin butter beans, drained, or 300g Quorn mince /
250–300g Quorn pieces;
1 tin chopped tomatoes;
1 handful chard or spinach; ½ lemon, juiced; grated
Parmesan, to taste
250g red-lentil, chickpea or wholewheat pasta



METHOD

Cook pasta: Boil until just tender, then drain, reserving a splash of cooking water.

Start sauce: Fry onion and garlic in olive oil until soft. Add courgette, runner beans, cherry tomatoes and tomato purée; cook 5 minutes.

Simmer: Add butter beans or Quorn, chopped tomatoes, herbs, salt and pepper. Simmer 8–10 minutes until thickened and, if using Quorn, piping hot.

Finish pasta: Stir in chard or spinach for 2 minutes, add lemon juice, then toss with pasta, loosening with cooking water if needed.

From Hayle WellFed pilot – a partnership between Bodriggy Surgery, Sustainable Hayle / Good Shepherd Solutions (facilitating cookery sessions; community allotments) and Kehelland Trust (veg supply and farm visits). With thanks to Hayle Family Hub for their support.