

Roasted Vegetable & Chick Pea Noodles

5 Portions

250gm Egg Noodles

100gm Chick Peas

½ Onion

1 Clove Garlic

2 Peppers 1 Green/1 Red

1 Courgette

1 tbsp. Tomato Puree

½ tsp Chilli Powder

1 tbsp. Honey

3 tbs Vegetable Stock

Method

1. Finely slice the onion, peppers and courgette.
2. Stir fry in a little oil and add the chopped garlic & drained chick peas.
3. Cook the noodles as instructions on the packet and drain.
4. Mix the honey, tomato puree, chilli powder and vegetable stock together.
5. Mix all the ingredients together, the sauce should just give the dish a glaze.

