

# Vegetable Pasta

## Ingredients

- g Spaghetti
- tbsp Olive Oil
- Onions (Chopped)
- Red Bell Pepper
- Fresh tomatoes (Chopped)
- Cloves Chopped Garlic
- Smoked Fish Deboned
- bunches Spinach
- cups Pumpkin (melon) seeds
- MAGGI Star Seasoning
- tsp Chopped Ginger

## Instruction

1. Cook the spaghetti in water for 10 minutes and keep aside
2. Cut the tomatoes, red bell pepper and 1 onion into chunks and add the garlic, ginger and and then blend all roughly. Set aside
3. Finely chop the remaining onion. Heat the olive oil in the pan and fry the chopped onion. Add the shredded smoked fish. Add the blended vegetables and 5 MAGGI Star. Stir and bring to boil for 20 minutes. Stir and bring to simmer a while. Add the spaghetti and stir.
4. Dilute the pumpkin powder in water and pour it into the stew. Stir and simmer for 10 minutes then add the finely shredded leaves (spinach or kontomere) and stir for 3 minutes.

## Nutrition

Carbohydrates	50,49 g
Energy	580,42 kcal
Total fat	32,77 g
Fiber	8,81 g
Protein	28,04 g
Saturated Fats	5,43 g
Sodium	1085,81 mg
Sugars	7,47 g

55 Minutes

6 Portions