

Recipe Name: Spicy Thai Pasta Recipe With Roasted Vegetables

Diet Type: Vegetarian

Course: Appetizer

Cuisine: Fusion

Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Spirali pasta	3
• 1/4 cup Carrots (Gajjar) - cut into strips	
• 1/4 cup Green Bell Pepper (Capsicum) - cut into strips	
• 1/4 cup Green beans (French Beans) - cut into strips	
• 1/4 cup Thai Green Curry paste	
• 1/2 cup Fresh cream	
• 1 teaspoon Lemon juice	
• 1 teaspoon Brown Sugar (Demerara Sugar)	
• 1/2 teaspoon Red Chilli flakes	
• Salt - to taste	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Garlic - chopped	
• 1 teaspoon Ginger - chopped	

Preparation

- Once the pasta is cooked, drain it from the hot water and run it under cold water immediately to stop the process of cooking.
- Drizzle a bit of olive oil to prevent the pasta from sticking to each other.
- Keep the pasta aside.
- In a wok heat oil on medium heat, add chopped ginger and garlic and saute for a couple of minutes.
- Add the vegetables-carrot, beans and capsicum.
- Continue to stir fry for 2-3 minutes until the vegetables are well roasted.



- Saute the pasta until it gets well coated with the thai curry paste.
- Stir well to combine.
- Once Spicy Thai Pasta Recipe With Roasted Vegetables is combined well, check the salt and spices and adjust according to taste.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------

