

Courgette, Tomato and Rosemary Fusilli



Ingredients

courgettes, 5mm thick slices

$\frac{1}{2}$ tsp dried oregano

1 small onion, finely chopped

3 tbsp fresh rosemary leaves, finely chopped

$\frac{1}{2}$ tsp chilli flakes

5 large garlic cloves, finely sliced

salt and pepper

tin chopped tomatoes

fusilli or penne

Method

1. Pick the courgettes and rosemary and clean
2. Chop the onions and courgettes into small pieces
3. Heat a small pan of water and cook the pasta, drain and put to one side
4. Heat the tomatoes slowly and add the courgette, onions and extra ingredients of your choice
5. Transfer to a mixing bowl and mix with cooked pasta and serve