



## ALL-IN-ONE CREAMY VEGETABLE PASTA (DIABETES) (TM7, TM6, TM5)

10 min. 40 min. easy 4 portions

### INGREDIENTS

2 tbsp hemp seeds  
2 tbsp pine nuts  
75 g brown onion (½ medium onion)  
2 garlic cloves  
6 sprigs fresh flat-leaf parsley, leaves only  
4 sprigs fresh basil, leaves only, plus an extra 2 sprigs to garnish  
½ red capsicum, deseeded and cut into pieces  
100 g zucchini, cut into pieces  
30 g extra virgin olive oil  
400 g cherry tomatoes, cut into halves  
200 g button mushrooms, cut into halves  
25 g pitted Kalamata olives, rinsed and cut into halves  
100 g cream cheese  
100 g ricotta  
300 g water  
1 tbsp Vegetable stock paste, salt-free (see Tip)  
200 g dried wholemeal spaghetti, broken into halves

### USEFUL ITEMS

bowl, thermal serving bowl or other large bowl, serving bowls

### THERMOMIX PARTS

measuring cup, spatula, simmering basket

### Preparation

1. Place hemp seeds and pine nuts into mixing bowl and dry roast **2 min/90°C/↻/speed 1**. Transfer into a bowl and set aside.
2. Place onion, garlic, parsley and 4 sprigs of basil leaves into mixing bowl, then chop **3 sec/speed 7**. Scrape down sides of mixing bowl with spatula.
3. Add capsicum, zucchini and oil, then chop **3 sec/speed 5**. Scrape down sides of mixing bowl with spatula and sauté **5 min/120°C/↻/speed 1**.
4. Add tomatoes, mushrooms, olives, cream cheese, ricotta, water and stock paste, then cook **10 min/100°C/↻/speed 1**.
5. Add dried pasta and mix well with spatula to ensure pasta is completely submerged in the sauce, then cook **7 min/100°C/↻/speed 0.5** or until pasta is almost cooked. Transfer into a thermal serving bowl or other large bowl. Cover and set aside for 5 minutes to allow pasta to finish cooking.
6. Divide pasta among four serving bowls, top with roasted seeds and nuts and remaining basil leaves and serve.

### TIP

- For salt-free vegetable stock paste, please see recipe on Cookidoo®.