

Pasta Stir Fry

English¹ fast food for 2 normal adults or 1 hungry teenager:

Ingredients

- 1 red or yellow pepper
- 1 medium onion
- 2 carrots
- 2 sticks celery
- 4 rashers bacon
- 225 g **FAIRTRADE** pasta
- 400 g chopped tomatoes

to taste **FAIRTRADE** freshly ground black pepper

Method

Remove the seeds and pith from the pepper and chop.

Skin the carrot and chop small.

Top, tail, peel and slice thinly the onion.

Top, tail, wash, de-string and slice thinly the celery.

Remove the fat from the bacon and cut into small pieces.

(A large frying pan will do if you don't have a wok).

Put on the pasta to cook. (Boiling water, the pasta should be well covered as it absorbs a lot of moisture). This takes 12 to 15 minutes once the water is boiling.

Stir fry the bacon until nearly cooked.

Add the vegetables and continue to stir fry (stirring all the time) - you might have to add a little oil.

Add the tin of tomatoes and heat through.

When the pasta is cooked, drain and add to the bacon and veg.

Toss to mix.

Add salt and **FAIRTRADE** ground pepper to taste.

Serve

To serve

Serve hot.

Variation

This recipe is not sensitive to reasonable variations in quantity, and you can use a few peas or beans to add extra bulk.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>