



Shell Pasta with Vegetable Ragù

Ribbed Conchiglie with Vegetable Ragù



Easy



2 Servings



30 min.



Conchiglie Rigate with Vegetable Ragù—for pasta lovers who can never get enough of sauce. Some pasta shapes are specifically designed to hold as much sauce as possible. Conchiglie Rigate—or “ribbed shells” in Italian—are perfect for sauce lovers, because their ridged exterior and shape allow them to hold a particularly generous amount of delicious sauce.

Ingredients

3 tbsp ORO di Parma
Organic tomato paste
1 can ORO di Parma
Organic chopped
tomatoes (400 g)
250 g button mushrooms
1 onion
1 carrot
1/4 stalk of celery
1 small eggplant
4 tbsp olive oil
1 tsp sugar
2 bay leaves
150 g frozen peas
200 g shell pasta
a sprig of basil for garnish

Step 1: The Preparation

Wash the onion, carrot, and celery, and cut them into small pieces. By the way, these three ingredients form the basis for a soffritto! Also, wash the eggplant and mushrooms, chop them into small pieces, and set them aside.

Step 2: Sauté the vegetables

Heat olive oil in a skillet and sauté the onion, carrot, and celery. Next, add the eggplant and mushroom pieces to the skillet and sauté. Then add the ORO di Parma tomato paste to the vegetable mixture and stir in a little sugar.

Step 3: The Sauce

Now you can add the ORO di Parma chopped tomatoes to the vegetables and enhance your sauce with a bay leaf. Let the sauce simmer for about 5 minutes, then add the peas to the sauce. Let the vegetable ragù simmer for another 3 minutes, remove the bay leaf, season to taste with salt and pepper, and set the vegetable sauce aside.

Step 4: The Pasta

Heat water in a pot, add salt, and cook the shell pasta until it is al dente, that is, cooked through.

Step 5: The Finale

Finally, drain the shell pasta and add it to the pan with the vegetable ragù. Stir in the shell pasta and serve. 🍴

Used products:



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