

Root vegetable pasta with sage butter

Equipment

Large saucepan

Chopping board

Wooden spoon

Knife

Bowl

Wok

Ingredients

1 Tablespoon olive oil

4 Garlic cloves

3 Carrots

3 Swede

3 Turnips

1 pkt Spaghetti

80 g Butter

¼ cup Sage

2 tsp. sea salt

Black pepper

Method

1. Peel and chop the Swede, parsnips and carrots then steam over a saucepan of boiling water.
2. Chop the garlic then heat the butter and oil in the wok add the garlic, then add the sage cook for 1 to 2 minutes until the butter turns a golden colour. Add the cooked vegetables and fry for 5 minutes.
3. Cook the spaghetti in boiling salted water until al'dente.
4. Add the pasta to the vegetable season with salt and pepper.

