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Penne with a Mediterranean Touch  
RECIPE

## Penne with a Mediterranean Touch



**Cooking time** 15 mins  
**Preparation time** 15 mins  
**Serves** 5

Penne pasta generously drenched in a sauce that encapsulates the flavours of the Mediterranean. This scrumptious dinner is taken up a notch with pine nuts and parmesan.

### Ingredients

- 500g penne
- 2 packets Royco® Cheese, Ham & Mushroom Pasta Sauce
- salted water
- 30 ml oil
- 1 red pepper, diced
- 90 ml sundried tomatoes, chopped
- 20 ml basil, chopped
- 60 ml pine nuts, roasted
- 15 g parmesan, grated

### Vegetarian

Switch out the suggested sauce in this recipe with Royco® Four Cheese Pasta Sauce.

### Family Friendly

Get your kiddo to put the finishing touches to each plate by sprinkling the portions with pine nuts and parmesan.

### Method

1. Cook the penne in boiling, salted water until tender.
2. Prepare the 2 packets of Royco® Cheese, Ham & Mushroom Pasta Sauce according to packet instructions.
3. Fry the red peppers in the oil for 1 minute.
4. Add the ROYCO® sauces, sundried tomatoes and basil leaves, simmer for 1 minute.
5. Divide the penne between 4-6 plates, top with the sauce. Sprinkle the pine nuts and parmesan over the top.

## Recipe Tags

[Pasta Sauces](#), [Plant-Based](#), [Pasta](#)

## Related Recipes



### [Butternut Risotto with Rocket and Feta](#)

Cooking time

25-30 mins

Preparation time

5 mins



### [Lasagna](#)

Cooking time

30 mins

Preparation time

10 mins



### [Simple Bacon Carbonara Pasta](#)

Cooking time

20 mins

Preparation time

15 mins



### [Salmon and Mushroom Pasta](#)

Cooking time

10 mins

Preparation time

10 mins



## **Cheese, Courgette and Tomato Frittata**

Cooking time

35 mins

Preparation time

15 mins



## **Creamy Butter Chicken Pasta**

Cooking time

20 mins

Preparation time

15 mins



## **Spinach And Cheese Cannelloni**

Cooking time

35 mins

Preparation time

20 mins



## **Creamy Chicken and Mushroom Risotto**

Cooking time

25-30 mins

Preparation time

10 mins



## **Four Cheese Frittata**

Cooking time

15 mins

Preparation time

5 mins



## **Mediterranean Pasta Bake**

Cooking time

35 mins

Preparation time

10 mins

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