

Indian Spiced Vegetable Pasta

A vibrant Indian-inspired vegetarian pasta dish featuring sautéed onions, bell peppers, and tomatoes infused with traditional spices. This fusion recipe brings together the heartiness of pasta with the bold flavors of Indian cooking.



Main Dish

Indian

25 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 75g pasta (penne or fusilli)
- 1 small onion, thinly sliced
- 1 small bell pepper, thinly sliced
- 1 medium tomato, chopped
- 1 tsp oil (vegetable or mustard)
- 1/2 tsp cumin seeds
- 1/4 tsp turmeric powder
- 1/2 tsp garam masala
- 1/2 tsp red chili powder (adjust to taste)
- Salt to taste
- Fresh coriander leaves for garnish

Steps

- 1 Cook the pasta according to package instructions until al dente. Drain and set aside.
- 2 Heat oil in a pan over medium heat and add cumin seeds. Let them sizzle.
- 3 Add sliced onions and sauté until golden brown.
- 4 Stir in bell peppers and cook for 2-3 minutes until slightly softened.
- 5 Add chopped tomatoes, turmeric, red chili powder, garam masala, and salt. Cook until tomatoes break down and form a thick sauce.
- 6 Toss in the cooked pasta and mix well to coat evenly with the spiced vegetable mixture.
- 7 Cook for another 2 minutes to blend flavors.
- 8 Garnish with fresh coriander leaves and serve hot.