



UK

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## Curry Pasta Recipe - by Ken Hom

This delicious pasta dish is a simple and tasty recipe that is loaded with carbs and, most importantly, part of the Livewell range- perfect for your marathon preparation!

**Preparation time:** 20 minutes

**Serves:** 4

### Ingredients

450g dried Italian pasta, such as fusilli or farfalle  
3 tablespoons olive oil  
3 tablespoons chopped garlic  
1 tablespoon finely chopped fresh root ginger  
1 small onion, chopped  
2 tablespoons finely grated orange zest  
6 bacon slices, chopped  
2 red peppers (bell peppers) cut into 1 cm dice

### Method

1. Cook the pasta in a large pan of boiling salted water until al dente then drain well and set aside.
2. Heat a wok or large frying pan over a high heat and add the olive oil. When it is very hot and slightly smoking add the garlic, ginger, onion and orange zest and stir-fry for 2 minutes. Then add the bacon and stir-fry for 3-4 minutes, until browned.
3. Add the peppers, sugar, stock, tomatoes, curry paste, tomato puree salt and pepper. Reduce the heat, then cover and simmer for 30 minutes.
4. Add the drained pasta and mix well. Turn the mixture out onto a large warm platter, garnish generously with the basil and chives and serve at once.

You can find more of Ken Hom's recipes for Earth Hour here:

<http://earthhour.wwf.org.uk/get-involved/celebrate-with-a-special-candlelit-dinner>

2 yellow peppers (bell peppers) cut into 1 cm dice  
2 teaspoons sugar  
300 ml chicken stock  
400 g canned chopped tomatoes  
3 tablespoons Madras curry paste  
2 tablespoons tomato puree  
1 teaspoon salt  
½ teaspoon freshly ground black pepper

### To Garnish

A handful of fresh basil, chopped  
A handful of fresh chives, chopped