

## CRUSHED BEAN RIGATONI (V)

This dish makes a lovely hot lunch or can be chilled and eaten cold on a warm Spring day.

Serves 4

Per serving: 280 Calories, 3% Fat

Prep time: 20 minutes

Cook time: 30 minutes

## INGREDIENTS

200g rigatoni pasta tubes  
1 vegetable stock cube  
200g frozen baby broad beans  
1 tbsp chopped fresh mint  
100g extra light soft cheese with chives  
2 tbsp 2% fat Greek yogurt  
1 tbsp chopped fresh parsley  
2 tsp capers

## METHOD

1. Cook the pasta in a pan of boiling water containing the stock cube. Drain when cooked.
2. Meanwhile, in a separate saucepan, boil the beans until soft. Drain and mash with a potato masher.
3. Add the remaining ingredients to the mashed beans and mix well.
4. Spoon the drained pasta onto warm serving plates and top with the bean mixture.
5. For a special treat, sprinkle with a little grated parmesan cheese and serve with a large salad.

