

Emmer Volanti with colorful pan-fried vegetables

Italian delight with fine herbs and fresh pan-fried vegetables. Thanks to their unique shape, the Volanti collect a lot of delicious sauce!

Zutaten
4 Portionen

Ingredients Emmer Volanti
300 g Emmer Volanti
1 Paprika, yellow
1 Paprika, red
2 small Zucchini
250 g Cocktail tomatoes
1 Can Tomatoes, chopped
1 Onion, red
3 Garlic cloves
20 ml Condimento Rosso
2 EL Tomato paste
1 TL Italian herbs, dried
1 Handful Basil leaves
3 EL Mediterranean fried olive
Vegan parmesan
Sea salt, fine-grained
Pepper
Ingredients vegan parmesan
85 g Cashew nuts
15 g Yeast flakes
0.5 TL Garlic granules
0.5 TL Sea salt, fine-grained

Zubereitung

Preparation Emmer Volanti

Cut the vegetables and cook the Volanti in salted water according to the packet instructions.

Meanwhile, heat the oil in a large pan and fry the chopped onions until translucent. Add the remaining vegetables and garlic and sauté for 2-3 minutes. Season with salt and pepper. Add the chopped tomatoes, tomato purée, Italian herbs and Condimento Rosso and simmer for a further 4-5 minutes over a medium heat. Taste the tomato sauce again and season to taste. Add the cooked pasta to the tomato sauce and mix well.

Arrange the emmer volanti on plates and serve with basil leaves and vegan parmesan.

Preparation of vegan parmesan

As an alternative to vegan “Parmesan” in one piece, you can easily make your own. To do this, chop all the ingredients in a blender or food processor until medium-fine and pour into a screw-top jar. The “Parmesan” will keep in the fridge for about 3-4 weeks.