

Curly Wurly Noodles

(this is great because the noodles are colourful, and have lots of fibre, and you can sneak in some vegetables!)

Boil a couple of handfuls of organic tricolour Kamut noodles in water with a couple of drops of olive oil. Two minutes before noodles are cooked, add a handful each of frozen organic peas and frozen organic corn. Drain when cooked and transfer to a pasta bowl, add a dollop of organic butter and some freshly grated organic Asiago cheese and, voila in less than ten minutes you've got a healthy and nutritious meal!