



Low FODMAP Spicy Vodka Pasta

Serves: 2

Prep: 10 minutes

Cook: 10 minutes



Stack Cup

Ingredients	Metric	Imperial
250g low FODMAP pasta	250 g	8.8 oz
2 tbs garlic infused olive oil		
1/4 cup tomato paste	70 g	2.5 oz
1/3 cup reduced fat cream (lactose-free if necessary)	85 g	3 oz
1/4 cup vodka	60 g	2.1 oz
1 tsp chilli flakes		
1 tsp butter		
1/4 cup parmesan cheese	30 g	1.0 oz
Basil leaves, to serve		
1/2 cup spring onion greens		

Method

1. Bring a large pot of salted water to the boil and cook pasta until al dente.
2. In a large pan or saucepan over medium heat, heat the olive oil. Add tomato paste and cook for 1-2 minutes.
3. Add in the cream and vodka, and cook for 2 minutes. Add the red chilli flakes and butter and stir for a minute or until the butter has melted through.
4. Add 2 tbs of water if the sauce appears too thick, then stir through the parmesan cheese. Stir in the cooked pasta until well combined.
5. Serve immediately and garnish with spring onion greens, basil, salt and pepper.

Hints

Chilli contains capsaicin, a natural ingredient that gives it its spicy flavour and can trigger heartburn and abdominal pain in some individuals with IBS. Reduce or remove chilli flakes if IBS symptoms occur after ingestion of spicy foods.

Nutrition Information (per serve)	
Energy	3375 Kj / 807 cal
Protein	15.90g
Carbohydrates	88.20g
Sugar	6.80g
Total Fat	34.90g
Saturated Fat	12.40g
Fibre	5.40g