



Pasta in Tomato Sauce

INGREDIENTS

- 150g pasta shapes
- 2 tablespoon vegetable oil
- 1 clove garlic
- 1 onion
- 1 tall tin of chopped tomatoes
- Herbs

Optional extras:

sweetcorn/mushrooms/peppers/tuna

EQUIPMENT

- Chopping board
- Vegetable knife
- Colander
- Large saucepan
- Kettle
- Garlic crusher
- Frying pan
- Tin opener
- Wooden spoon

METHOD

1. Place pasta in a large saucepan and pour boiling water from the kettle over. Bring to the boil and then put the lid on. Cook for 10 - 12 minutes, unless otherwise stated on your packaging).
2. Chop the onion, crush the garlic (and optional peppers- chop and de-seed first) and fry both in the oil in the frying pan for 5 minutes on a medium heat with a wooden spoon or plastic fish slice - keep stirring!
3. Add the tomatoes, herbs and seasoning and any other ingredients such as mushrooms or sweetcorn, BUT NOT TUNA.
4. Simmer on a low heat for 15 minutes. Add tuna to the last minute of cooking time.
5. Drain the pasta and return to saucepan. Pour over the tomato sauce.
6. Pour carefully into your named container.
7. Wash up and tidy your kitchen.
8. Help others and then return to your seat.