

Recipe of the week!

Issue 3



Hello and welcome back,

I hope you enjoyed the first issue and Easter recipes special, and that some of you have given them ago. With the weather becoming warmer and as we come into spring we tend not to eat as many stews or casseroles so what better time to introduce new ideas into your diet that are still packed full of flavour.

This week I'm taking some inspiration from Italia!

Italians are so passionate about food and one ingredient always reminds you of their country and that is pasta. I love pasta all types in fact; spaghetti, Penne, tagliatelle the list is endless. Pasta is such a great staple food to have in your cupboard for so many reasons. It cooks in under 15 minutes, its affordable, its low in fat and sodium, its inexpensive, its versatile, it doesn't go off, it's great as a lunch and dinner option and its filling; what else would you want from one simple ingredient?

Firstly, I'll be talking about how to cook pasta. Most pasta pretty much cooks the same way which really helps as if you don't have enough of one type you can just mix and match whatever you do have.

The first step is to fill a saucepan full of water, boiled kettle water is best as you don't have to wait as long for it to come to the boil but cold will work as well your just have to wait a few extra minutes.

Pasta expands so choose a saucepan that is big and wont overflow, or it could get messy.

The next step is seasoning, yes you can season water, with either a pinch of salt or a vegetable stock cube/pot just add it in before you add the pasta and mix it about until its properly dissolved.

Next is adding the pasta. Now you want to do this when your water is starting to come to the boil, as this will help with cooking time.

As you place your pasta in your saucepan give it a good mix with a spoon so none of it sticks to the bottom and about 10-12 minutes later, you'll have perfectly cooked pasta!

Tip- If you drain of your pasta in a collander, drizzle some olive oil over it to stop it sticking.

Right so now you're a pasta pro, what do you add to it?

Like I said pasta works with pretty much anything meat, fish, vegetables and just simple sauces you could have a different pasta dish each day of the week and they would never be the same.

Today I'm going to be sharing a basic tomato sauce recipe



that is simple but can be adapted in so many ways. If you wanted to add some cooked chicken into it you can, some tinned tuna of course or even some roasted vegetables would be great as well. It's a base for anything and it can be stored in the fridge for 3 days or frozen for another day.

Like I said this sauce is simple and your only need 6 ingredients + 1 pan.

The ingredients are as follows:

- 1 can of chopped tomatoes or passata, 200ml water.
- 1 Tbsp of tomato puree,
- 1 tbsp of mixed herbs,
- 1 garlic glove crushed or 1 tbsp garlic granules,
- 1 small- medium onion chopped small or 1tbsp of onion granules, **if using raw onions fry these off with some oil for 5 minutes until golden brown.**
- 1tsp of sugar- We add the sugar as it brings out the sweetness of the tomatoes.
- salt and pepper to taste

To make the sauce you simply need to put everything into a saucepan on a medium heat for 20 minutes mixing every 5 minutes so it's not sticking and that's it done. Mix with your cooked pasta until everything is nicely coated and serve with either a side salad, garlic bread or just a pile of cheese,



whatever you like and enjoy another homemade meal ready in under 30minutes.

Like always if you give this recipe ago, I would love to see pictures of what you have made. You can email them to me on courtney.coleman@bridgesupport.org

I look forward to it, until next week.

All the best

Courtney.

