

## Simple Pasta and Tomato Sauce recipe

**Ingredients:** Packet of pasta (penne, spaghetti or similar) , 1x tin of chopped tomatoes , garlic (fresh or granules) , Dried herbs.

Optional extra's: Black pepper, Fresh bell Pepper (Red, green or yellow chopped in to small squares) , Chick peas , Courgette (chopped) , Onion (finely chopped), Prawns , Parmesan cheese.

***Please be aware of heat sources when cooking and how hot pans become being extra careful not to burn yourself.***

1. Put on a kettle to boil and at the same time a large saucepan half filled with water on a high heat. Add a teaspoon of salt to the water.
2. Place a small amount of oil in a pan (preferably a frying pan). Turn on a medium heat and add black pepper if using.
3. Add tinned tomatoes to the frying pan , then a teaspoon of garlic granules , teaspoon of Italian herbs and the bay leaf (or 2).
4. Lower the heat and simmer.
5. When your saucepan of water is boiling , top up with the boiled water from the kettle until  $\frac{3}{4}$  full , then add the pasta. Boil for 10 minutes. If using spaghetti then make sure the strands are separated using a large spoon or fork, being careful not to burn your hand.
6. While the pasta is boiling , add extra ingredients to the sauce if using. Eg – chick peas , chopped red/yellow/green pepper , courgettes , peas or nearer to the end if adding prawns or tuna.
7. Drain the pasta using a sieve or colander and add to the sauce. Cook for another  $\frac{2}{3}$  minutes then serve.

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