



# Pasta Pomodoro (serves 4)

A tomato sauce is a great start for all sorts of pasta dishes. Tomatoes are high in vitamin C which is known as an antioxidant. Antioxidants can protect us in later life from diseases such as heart disease and cancer.

### Ingredients:

1 medium onion  
 2 cloves garlic  
 2 tbsp. oil  
 2 x 400g cans chopped tomatoes  
 1 tsp sugar  
 1 tsp dried basil  
**300g pasta**  
 Pinch ground black pepper  
**75g mature cheddar cheese**  
 Small bunch fresh basil  
 (optional)

### Equipment:

Weighing scales or mug  
 Chopping board  
 Sharp knife  
 Teaspoon/tablespoon  
 Large frying pan with lid  
 Can opener  
 Large saucepan  
 Colander  
 grater

### Instructions:

1. Cook the pasta according the packet instructions
2. Peel and finely chop the onion
3. Peel and finely chop or crush the garlic
4. Measure the oil into the frying pan and heat gently for about a minute
5. Add the onion and garlic to the pan, fry over a low heat until the onion has softened, stirring occasionally with a wooden spoon
6. Open the cans of tomatoes and add the to the pan with the dried basil, sugar and black pepper
7. When the sauce starts to bubble, turn down the heat and let it simmer for 10 - 15 minutes or until thickened
8. Add the pasta to the sauce and stir until all of the pasta is coated
9. Serve with grated cheese and torn basil leaves (if using)



Skills used:  
 Measuring, chopping, peeling, frying and serving

**ALLERGENS HIGHLIGHTED IN BOLD**