

Lunchbox Laughter

Phunky Pasta Pots



Pasta with Homemade Italian Sauce

Ingredients:

250g pasta
1 can of tomatoes
5 cloves of garlic
45ml olive oil
1 white onion, chopped
455g mushrooms, sliced
450g tomatoes
1 green bell pepper, chopped
Oregano
Basil

Equipment:

Pan
Spoon
Knife
Chopping board
Bowl
Blender



Method:

1. In a blender chop the whole tomatoes and garlic until chunky.
2. In a medium size pot, heat oil on a medium to high heat.
3. Add the onion and mushroom and sauté for about 5 minutes.
4. Place the pot of blended tomatoes, into the pan with the onions and mushrooms followed by the tinned tomatoes and chopped green peppers, oregano and basil.
5. Bring the pan to the boil and then lower the heat, cover and stir occasionally.
6. Cook and reduce.
7. Cook the pasta according to the instructions. When cooked allow to cool and add to the sauce, mix together and cool.

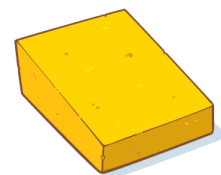
Perfect Pesto Pasta

Ingredients:

1 jar of green pesto
500g pasta
Parmesan cheese
Garden peas
Black pepper
Parmesan

Equipment:

Large and Small Pan
Colander
Wooden spoon



Method:

1. Bring a large and small pan of water to the boil.
2. Add the pasta to the large pan and cook accordingly to the packet instructions.
3. Add the garden peas to the small pan and boil until cooked.
4. When the pasta is cooked drain in a colander.
5. Toss the cooked pasta in a bowl with your jar of green pesto.
6. Taste and season if necessary.
7. Drain the peas and add to the pasta mix and sprinkle with Parmesan cheese.

