

Cheese and Tomato Pasta



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YEARS

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Tomatoes are a great source of vitamin C and by choosing wholemeal pasta, you will feel fuller for much longer thanks to its fibre content. This is a firm favourite among our afterschool clubs!

Makes: 4 portions • Preparation time: 30 minutes

Ingredients

- 300g wholemeal pasta
- 1 tbsp oil
- 1 tbsp garlic paste (or 3 cloves)
- 1 onion
- 1 small tin sweetcorn
- 1 tin chopped tomatoes or passata
- 1 tbsp dried mixed herbs
- 100g cheddar cheese (grated or a block)

Equipment

- Sharp knife
- Chopping board
- Tin opener
- 2 Saucepans
- Kettle
- Hob
- Tablespoon

Allergy information

Pasta (wheat / gluten): Use gluten free pasta
Cheese (dairy): Dairy free and plant based cheese are widely available in supermarkets

Method

1. Boil the pasta until soft (follow instructions on the packet, usually around 15-20 minutes).
2. In the meantime, fry the oil, garlic and chopped onion for 5 minutes.
3. Tip in the chopped tomatoes with the sweetcorn and mixed herbs, mix well.
4. Simmer for 15 minutes to thicken the sauce.
5. Drain the pasta and add it to the sauce, mix well.
6. Grate some cheese on top and mix it through to help it melt and go nice and gooey.

Top tips

- You could use fresh pasta, it will be more expensive but will save you some time.
- Experiment with different vegetables like mushrooms, peppers, broccoli etc.
- Try adding some fresh herbs like basil or parsley.

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