

Fiery Pasta

Ingredients:

2 cloves of garlic, peeled and finely chopped
2-3 fresh chillies, very finely chopped (or you could use chilli flakes)
1 tin of chopped tomatoes
400g dried pasta
75g of grated parmesan
Oil
Salt and pepper

Equipment:

Pan
Frying pan
Sieve
Wooden spoon

Serves: 3-4

Prep time: 10 minutes

Cooking time: 15 minutes



Method:

1. Add the pasta to a pan and add boiling water. Cook on a medium heat as instructed on the package (usually about 10 minutes)
2. Whilst the pasta is cooking, heat the oil in a frying pan and add the chopped garlic and chillies. Make sure the heat isn't too high as you don't want to burn the garlic. Stir and cook for a one minute.
3. Add the chopped tomatoes and cook on low for 10 minutes.
4. Once the pasta is cooked, drain it off and then add the pasta to the sauce. Stir thoroughly so that all the pasta is covered in sauce. Add a little salt and pepper.
5. Serve up the pasta and sauce and add cheese to the top.
6. Enjoy!

Serving suggestions:

You can eat this meal straight away but if you have any leftovers you could save some this for lunch the next day and heat it up in a microwave or eat it cold.

Why not try:

If you want to add some meat you could fry some bacon or pepperoni with the garlic and chillies. You could even add extra vegetables like mushrooms or sweetcorn to bulk it out.