



Tomato and basil penne



Skills

Chopping

Sauté

Reducing

Boiling

Draining

Blitzing

EQUIPMENT

- ❖ Foil tray
- ❖ Chopping board
- ❖ Vegetable knife
- ❖ Saucepan
- ❖ Colander
- ❖ Tea towel

INGREDIENTS

- ❖ 80g Penne pasta
- ❖ 1/2 onion
- ❖ 1 clove of garlic
- ❖ 200g/1/2 tin tomatoes
- ❖ 15ml oil
- ❖ 1/2 tsp of dried basil
- ❖ 1/2 tsp sugar
- ❖ 1/2 tsp of salt
- ❖ Fresh basil leaves torn to garnish
- ❖ 1 portion foil dish



Half fill a saucepan with water bring to boil and add the pasta. Cook until soft.



Finely chop the onion and garlic.



Sauté the onion and garlic until soft



Add tomatoes, basil, salt and sugar. Reduce. Blitz until smooth.



Test the pasta, if cooked drain over the sink in the colander



Toss the pasta through the sauce and serve. Sprinkle with cheese.



Wash dishes

Wipe dishes

Clean surfaces

Put dishes away

Put dirty clothes in washing
basket

WASHING UP!!!!