KINGTON CAN COOK

One Pan Tomato Pasta

Save on the washing up with this easy pasta dish cooked in one pan. Adding cottage cheese and spinach boosts protein and fibre.

SERVES 4 Vegetarian
Prep time: 10 minutes
Cooking time: 25 minutes

INGREDIENTS

1 medium onion
1 carrot
1 stick of celery
2 tablespoons vegetable oil
2 garlic cloves
2 x 400g cans chopped tomatoes
1 teaspoon dried oregano
500ml water
300g dried penne pasta
150g cottage cheese
2 large handfuls of spinach (50g)
Salt and pepper
Vegetarian hard cheese

EQUIPMENT

Knife
Chopping board
Peeler
Measuring spoons
Wooden spoon
Measuring jug
Deep frying/saute pan and lid
Small bowl
Fork
(Grater)

ALLERGENS

Celery,Gluten,Milk

METHOD

1. Peel the onion and chop finely.
2. Peel the carrot and chop into small cubes.
3. Trim the ends off the celery and chop into small cubes.
4. Remove the woody stalks from spinach, then chop roughly (if using baby spinach, you can skip this stage).
5. Heat oil in the pan. Add the chopped onions, carrots and celery. Stir. Cover and cook on medium-low heat for 5-10 minutes until soft, stirring often.
6. Peel the garlic and chop finely.
7. Add the garlic to the pan and cook for 2 minutes.
8. Add the tinned tomatoes ,oregano, pasta and 500ml boiling water. Cover and bring to a gentle boil, then turn down the heat. Cook gently for around 10-12 minutes until the pasta is cooked, stirring occasionally.
9. In a small bowl , mash the cottage cheese with a fork. Stir in a few spoonfuls of the hot sauce, then mix everything back in the pan.
10. Add the spinach and cook for 1-2 minutes until it has softened.
11. Season with salt and pepper and serve with some grated parmesan.

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SAFE STORING & REHEATING

Cool, refrigerate and eat within 3 days. Reheat gently until piping hot. You may need to add a little water

TIPS

Blending the cottage cheese before adding it results in a creamier sauce.
Use wholewheat penne for added fibre.

NOTES

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