

FRESH TOMATO and BASIL PASTA

(Serves 2 people)

Ingredients:

- 6 fresh tomatoes
- 1 large onion
- 2 tablespoon oil
- Handful of fresh basil
- 1 tablespoon tomato puree
- 160 grams pasta twists

Method:

- 1. Wash the tomatoes and chop up
- 2. Chop the onion
- 3. Put a pan of water onto the heat and, when boiling, add pasta
- 4. Heat the oil and gently fry onion until soft
- 5. Add the tomato puree
- 6. Add in tomatoes and simmer gently
- 7. Add chopped basil to tomato mixture just before serving
- 8. Drain the pasta when cooked
- 9. Add sauce to pasta and mix through



Abundant Borders (SC049008) web - abundantborders.org.uk & facebook.com/abundantborders contact: robin@abundantborders.org.uk