



Pasta with tuna and tomato

Serves 2 people

- 150g spaghetti (75g of dried pasta per person)
- 2 cloves of garlic
- 1 x 185g can of tuna in olive oil
- 1 x 400g tin of whole tomatoes
- Extra virgin olive oil

Method

1. Put the dried pasta on to cook in a large pan of boiling water as per pack instructions.
2. Peel and finely slice the garlic, then place in a non-stick frying pan on a medium heat with one tablespoon of olive oil.
3. Pour in the tomatoes, breaking them down with a wooden spoon.
4. Let it simmer on low heat until your pasta is cooked. Use tongs to drag the pasta straight into the sauce, letting a little starchy cooking water go with it.
5. Add the tuna and toss well over the heat, then serve.
6. Optional:
 - Drizzle with extra virgin olive oil.
 - Finely chopped fresh chilli, fresh basil or oregano or a few baby capers can be added to the sauce.



Pasta carbonara

Serves 2 people

- 150g spaghetti (75g of dried pasta per person)
- 2 rashers of streaky bacon – organic if possible
- Olive oil
- 2 eggs
- 30g parmesan cheese, plus extra for grating

Method

1. Slice the bacon and place in a non-stick frying pan on a medium heat with half a tablespoon of olive oil and good pinch of black pepper.
2. Leave it to go golden brown and crispy, tossing occasionally, then turn off the heat.
3. Beat the eggs in a bowl, then finely grate in the parmesan and mix.
4. Use tongs to transfer your pasta straight into the pan and toss with the bacon.
5. Pour the parmesan eggs into the pan and keep everything moving, loosening with a splash of the pasta cooking water until you have a silky sauce. Make sure the pan isn't too hot otherwise the eggs will scramble.
6. Plate up and finish with an extra grating of parmesan.



Broccoli pesto pasta

Serves 2 people

- 150g spaghetti (75g of dried pasta per person)
- 300g broccoli florets
- 1 clove of garlic
- ½ cup of flat leaf parsley
- 50g pine nuts
- 2 tablespoons of olive oil

Method

1. Blanch broccoli in boiling water for 5 minutes. Drain.
2. Peel and crush the garlic clove.
3. Place the broccoli, garlic, parsley, pine nuts and olive oil into a food processor and process until finely chopped.
4. Use tongs to transfer pasta straight into the sauce and toss.
5. Season with salt and pepper.
6. Plate up and finish with an extra grating of parmesan.
7. Optional:
 - Add ½ cup peas.



Yoghurt dressing

Old jam jars make excellent salad dressing shakers as you just pop in the ingredients, pop on the lid and shake.

- 100g thick plain yoghurt
- 2 tablespoons of white or red wine vinegar
- 1 tablespoon of extra virgin olive oil

Method

1. Put all ingredients into a jam jar with a pinch of sea salt and black pepper.
2. Put the lid on and shake well.
3. Use as a dressing over mixed salad leaves.