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| S2  Food & Sport | Tomato Pasta |

**Success Criteria**

* Successfully make product in a safe and hygienic manner.
* Name the ingredient rich in carbohydrate
* Explain the benefits of eating carbohydrates BEFORE sport

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| Ingredients: | Equipment: |
| 75g Pasta shapes  1 x 5ml oil  ½ Onion  1 Garlic  100ml Chopped tomatoes  1 x 15mlTomato puree A few leaves of fresh basil  1 x 5ml Pesto  50g cheese | Each  Small pot  Medium pot  Measuring jug with Wooden spoon sitting in it  Sieve  White chopping board  Vegetable Knife  Waste bowl  Foil container |

**Method**

1. Set out equipment and collect ingredients.
2. Fill the large pan ½ full with water and bring to the boil. When **boiling** add the pasta and let it **simmer** for 10-12 minutes.
3. Peel and chop onion. Crush garlic.
4. Collect chopped tomatoes, tomato puree and pesto in a measuring jug.
5. Collect 5ml oil in the small pan, fry veg and garlic gently till softened, add tomato mixture bring to boiling point and then simmer for 5 minutes.
6. Grate cheese.
7. When pasta is cooked drain using the sieve and add to pan with tomato mixture, mix well.
8. Put tomato pasta into your foil container and garnish with fresh basil and grated cheese.