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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 shapes1 x 5ml oil½ Onion1 Garlic100ml Chopped tomatoes1 x 15mlTomato pureeA few leaves of fresh basil1 x 5ml Pesto 50g cheese | EachSmall potMedium potMeasuring jug with Wooden spoon sitting in itSieve White chopping boardVegetable KnifeWaste bowlFoil 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.