

VEGETARIAN

Tree-Top-Tomato Penne Pasta



Serves: 
Time: 30 mins

SUTTON
COMMUNITY FARM

INGREDIENTS

175g Penne pasta
1 head Broccoli
Lettuce, shredded
400g tin tomatoes
1 medium onion
1 tbsp lemon juice
6 basil leaves, shredded
1 tsp tomato puree
1/2 tsp grated or ground ginger

FROM YOUR CUPBOARD

1 tsp oil

1 Bring a large saucepan of lightly salted water to the boil and cook the pasta until soft but still with a bit of bite (about 12 mins)

2 Wash and trim the broccoli, cutting it into 2cm pieces, including the stalks.

3 While the pasta is cooking, bring a smaller pot of water to the boil. Steam or blanch the broccoli for 2-3 mins, drain and set aside.

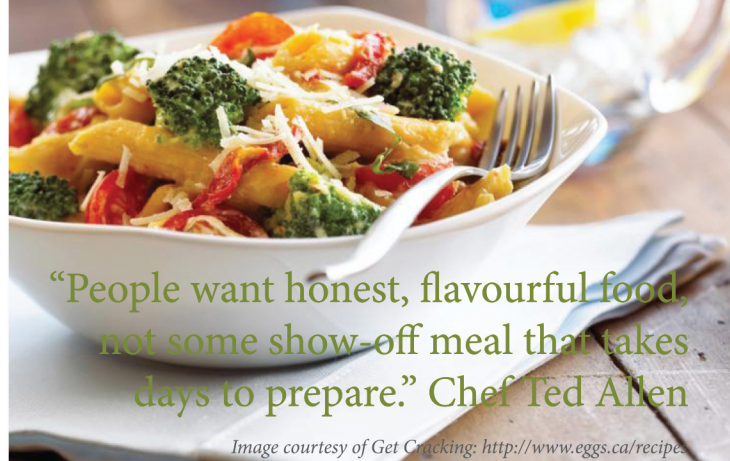
4 For the basic tomato sauce, heat oil in a large saucepan and add onion, garlic and ginger and cook for 1-2 mins.

5 Now add tomato puree and fry for another 1-2 mins.

6 Add chopped tomato, stir while bringing to the boil and let simmer.

7 Add basil and lemon juice and cook for a further 20 mins.

8 Mix sauce, lettuce, broccoli and pasta together and serve.



“People want honest, flavourful food, not some show-off meal that takes days to prepare.” Chef Ted Allen

Image courtesy of Get Cracking: <http://www.eggs.ca/recipes>

Here are two simple, delicious recipes that we love to cook at the farm. They're cheap, packed full of nutrition and perfectly filling.

Food is one of the great pleasures in life. It can also be the safest and most powerful form of medicine or the slowest form of poison, and with all the fresh ingredients in these recipes, they're certainly more medicinal. Broccoli, high in beta-carotene (Pro-vitamin A) and Folate, is the star ingredient on this page. On the reverse it's the cauliflower, which contains lots of B6. Both of these veg are in season most of the year and are great sources of Vitamin C, protein and fibre. Larger heads have more flavour and are best stored upside down in a paper bag in the fridge.

Cooked this recipe?

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