

# **EASY CREAMY PASTA**

## **Ingredients**

- 1 mug of dried pasta (penne, shells, twists, or other shape)
- 2 tomatoes chopped up into 1-inch pieces
- 2 tablespoons of cooking oil
- 1 small onion, chopped
- 1 handful of peas (fresh, tinned or frozen)
- 3 tablespoons cream (or soya cream, Elmlea, or similar)
- Salt and pepper
- 1 dessert spoon of pesto OR some fresh chopped basil or parsley  
OR 1 teaspoon of dried parsley, basil, or chives
- 2oz grated cheese (cheddar, parmesan, or whatever you like)

## **Method**

Place a saucepan on the stove and put 4 mugs of water into the pan. Add a pinch of salt and bring to the boil.

Whilst you are waiting for the water to boil, fry the chopped onion in oil in a large frying pan. Cook on a low heat for 5 minutes.

Add the tomatoes and leave to cook gently.

Using the same mug that you measured out the water, fill to the top of the mug with dried pasta. Add pasta to your now boiling water and cook for 9 minutes on a rolling boil. When the pasta is cooked, turn off the heat and leave for 1 minute.

Either drain the pasta over the sink through a sieve or colander, or more safely, fish it out with a slotted spoon.

Stir the cooked pasta into the frying pan with the tomatoes and onions.

Add the peas and stir to mix.

Add the pesto or herbs.

Add the cream or cream substitute.

Season with salt and pepper.

Mix together well and serve in a bowl with the grated cheddar cheese sprinkled over the top.

Try adding other ingredients, such as cooked ham, chicken, salmon or prawns, or cooked mushrooms.