

Quick Pasta Marinara

Prep time: 15 mins Cooking time: 30 mins Makes: 2 Servings

Ingredients

2 tablespoon cooking oil,
preferably olive oil

1 small onion, chopped

2 cloves garlic, minced

1 tin whole plum tomatoes
or chopped tomatoes

1 teaspoon salt

½ teaspoon ground black pepper

½ teaspoon dried basil

½ teaspoon dried oregano

250g pasta (spaghetti, penne, or whatever you have)

25g grated Parmesan cheese (optional)



Method

1. Cook onion gently over low heat in oil in saucepan for 10 minutes until tender but not brown. Add garlic and cook for another minute.
2. Add tinned tomatoes, breaking them up with a spoon if using whole tomatoes. Mix in salt, pepper, and herbs. Simmer for 15-20 minutes until liquid has mostly evaporated.
3. Meanwhile, cook pasta according to package directions, usually about 10 minutes. (One serving is about 125g of uncooked pasta.) Drain, return to pan and stir in sauce.
4. Divide into serving bowls and serve sprinkled with Parmesan, if using. An extra grating of black pepper is good too!