

BOOK
NOW

LET'S MAKE PAPPARDELLE WITH FRESH TOMATO SAUCE

PREP + COOK TIME: 20 MINUTES
SERVES 4

INGREDIENTS

- 1 large red onion (300g), chopped finely
- 2 cloves garlic, crushed
- 2 tablespoons red wine vinegar
- 10 medium tomatoes (1.5kg) chopped finely
- 300g (9½ ounces) pappardelle pasta (see tips)
- ½ cup loosely packed fresh small basil leaves
- 120g (4 ounces) baby rocket leaves (arugula)
- ½ cup (120g) low-fat ricotta crumbled

METHOD

STEP 1

Combine onion, garlic, vinegar and tomato in a medium bowl; stand for 10 minutes.

STEP 2

Meanwhile, cook pasta in a large saucepan of boiling water until just tender then drain. Return pasta to pan; add fresh tomato sauce, basil and rocket, mix gently.

STEP 3

Top pasta with cheese; serve straight away, sprinkle with black pepper.

TIPS

This recipe is a delicious change to cooked pasta sauces. Because this sauce is uncooked, buy the freshest ingredients you can for a flavour hit.

You can use gluten-free pasta, if you require it.

NUTRITIONAL COUNT per adult serving 2.6g total fat (1.2g saturated fat); 994kJ (238 cal); 35.3g carbohydrate (13.5g sugar); 12.4g protein; 8.7g fibre; 117mg sodium

NUTRITIONAL COUNT per child serving (⅔ of an adult serving) 1.7g total fat (0.8g saturated fat); 663kJ (159 cal); 23.6g carbohydrate (9g sugar); 8.3g protein; 5.8g fibre; 78mg sodium

