

Pesto Pasta With Vegetables



Ingredients list

- Onion
- Pepper
- 200 g Pasta
- Water
- Pesto (1/3 jar)
- Tomatoes (optional)



Equipment list

- Sharp Knife
- Chopping Board
- Saucepan
- Hob
- Colander
- Dessert spoon
- Metal plate



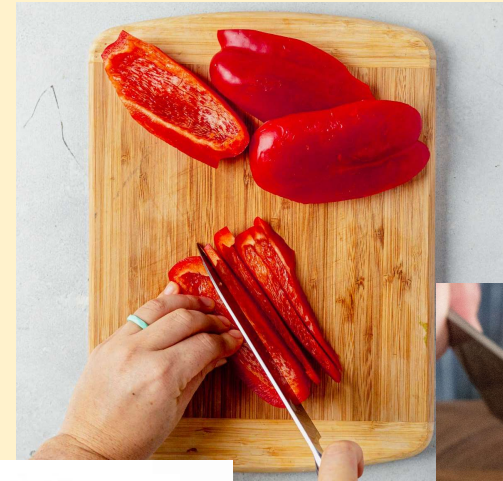
Method

1. Half fill a saucepan and place on the **BACK HOB** on a high heat.
2. When it is boiling add the pasta and stir immediately. Cook for approximately 12 minutes or until 'al dente', stirring every couple of minutes.

**When you have placed your saucepan with water onto the hob –
gather back around for vegetables demonstration.**

Method

3. Wash the tomatoes and pepper.
4. De-seed and chop the pepper into even slices
5. Peel and slice your onion.
6. Cut your tomatoes into halves or quarters (you can leave them whole if you prefer)
7. Place your onion and pepper into a frying pan with a little oil and sauté until soft (you don't want to brown them).



Method

8. When the pasta is cooked turn off the hob. Drain the pasta into the colander in the sink and then place the pasta back into the saucepan. Keep the pasta off the hob.
9. Open the pesto and stir in $\frac{1}{3}$ jar into the pasta.
10. Add the pepper, onion and tomatoes to the pasta and mix well.

Be careful when walking with boiling water! You MUST look around you first before you pick up the pasta.

You MUST use a colander to drain your pasta. Be careful of the steam!

