



## ONE POT CREAMY TOMATO PASTA



### Serves 4

Easy, tasty and very little clean up! Great mid week dinner that also works well as a cold salad the next day if you make extra. If you are Italian, apologies up front for cooking the pasta in the sauce in one pot which is a big no no in traditional Italian cooking but it works fab here and saves on wash up! We love to serve this with a crust of bread which works perfect to clean up the juices left on the plate!

### Ingredients

- 1 onion
- 3 cloves garlic
- 1 carrot
- 100ml water
- 1 x 400g tins chopped tomatoes (jar pasta sauce)
- teaspoon black pepper
- 800ml veg stock
- 500ml milk of choice
- 500g pasta
- a small bunch fresh basil leaves (optional)
- 2 teaspoon chilli flakes to garnish (optional)

### Method

1. Peel and finely chop the onion and garlic. Slice the carrot into small bite-size pieces.
2. Put a large pot on high heat. Once pot is warm, add 1 tablespoon of oil and leave to heat up. Once hot add chopped onion, carrot and garlic, and cook for 3-4 minutes stirring regularly or until it starts to brown slightly.
3. Now add the tomato sauce/ pasta sauce, black pepper and mix well. Then stir in the veg stock and milk as well as the pasta. If using spaghetti, break this so that it all fits into the pan and submerged in the liquid, and mix it well.
4. Once it starts to boil, reduce the heat and leave to simmer ensuring the lid is off so that the liquid starts to evaporate. Every so often, using a wooden spoon, gently mix through the pasta, making sure that it doesn't stick together.
5. Once the sauce is reduced and pasta is cooked but still al dente (has a slight bite to it), taste and add more salt or sweetener to liking.
6. Finally, tear the basil leaves roughly and sprinkle some chilli flakes over each serving as options for garnish. Enjoy!