

## Italian macaroni cheese

What I need:



Olive oil or vegetable oil



Small tin of tomatoes (200grams)



Dried herbs or fresh basil



1 onion



Garlic



Black pepper



Macaroni



Low-fat cheese



Bread

## What do I do?



If using fresh basil tear or cut into small pieces.

If using dried herbs measure out 1 teaspoon.



Peel the onion. Cut into small pieces.



Take 1 clove of garlic. Peel clove of garlic. Use a garlic crusher or cut into very small pieces.



Add oil to frying pan. Put frying pan onto the cooker hob on a medium heat.



When oil is hot add onion and garlic pieces to frying pan.

Fry for 3 minutes.



Add tin of tomatoes to frying pan. Cook for 5 minutes.



Add some pepper. Add the herbs.

Turn the heat down to low. Cook for 15 minutes.

Leave in the pan until you have cooked the pasta



Weigh out 40 grams of cheese.



Grate cheese.



Make breadcrumbs by grating 1 slice of bread. This works better if you leave the bread out for a while to go stale.



Put water in the pan. Now put pan on the hob.

Turn on the ring to high. Wait for the water to start boiling.



Add pasta to pan.

Wait for water to boil again.

Cook for 10–12 minutes until pasta is soft.



Pour pasta and water into a colander over the sink.

Add pasta to Italian tomato sauce.



Pour pasta and sauce into an oven proof dish.

Sprinkle cheese and breadcrumbs on top.



Turn the grill to medium.

Put your pasta dish under the grill for 5 minutes until cheese has melted.