

**“Our world of well-being”**

Traditional healthy recipe

“Spaghetti with tomatoes”

 

Basilicata

***Ingredients***

* 1 bunch of fresh basil
* 2 cloves of garlic
* 1 kg ripe tomatoes , or 2 x 400g tins of quality chopped tomatoes
* olive oil
* 480 g dried wholewheat spaghetti
* 15 g Parmesan cheese

***Method***

1. Pick the basil leaves onto a chopping board.
2. Peel and finely slice the garlic. If using fresh, cut the tomatoes in half, then roughly chop them or carefully open the tins of tomatoes.
3. Put a saucepan on a medium heat and add 1 tablespoon of olive oil and the garlic, then cook for around 2 minutes, or until lightly golden.
4. Add the fresh or tinned tomatoes and cook for around 15 minutes.
5. Carefully fill a large pot with water, add a tiny pinch of salt and boil before adding pasta.
6. Add the spaghetti and cook according to packet instructions – you want to cook your pasta until it is al dente. This translates as ‘to the tooth’ and means that it should be soft enough to eat.
7. Once the pasta is done, drain the spaghetti then put them back into the pot again.
8. Add the tomatoe sauce and stir the spaghetti into the sauce.
9. Put the spaghetti on the plates with the basil leaves over the top and sprinkle over the grated Parmesan cheese .

This work was coordinated by the English teacher and realized with the students of the second class.