

Macaroni with Cheesy Tomato & Basil Sauce and Garlic Bread

Ingredients

4-6 medium to large tomatoes, chopped

1 medium onion, finely chopped

1 teaspoon of sugar

½ teaspoon of salt

1-2 teaspoons of garlic salt/powder

2 level teaspoons of paste or 2-3 tablespoons of finely chopped fresh basil

1 teaspoons of tomato ketchup

2 teaspoons of tomato purée

1 level teaspoons of dried oregano

1 teaspoon of dried parsley

15g of Bisto cheese sauce granules

Low protein macaroni cooked as per instructions on box

Method

1. Chop the tomatoes. Place in a bowl with as much juice as u can. Sprinkle the sugar and salt into this and mix well & leave to one side.
2. Put chopped onion in a pan with a little oil (olive oil or spray oil work well). Put the pan on a medium heat and sauté the onions for 2-3 minutes until soft.
3. Add tomatoes mixture to the pan and stir well. Season with salt and pepper (if using garlic salt season with pepper only).
4. Stir and leave to simmer for approximately 30 seconds.
5. Add the tomato purée, basil (or paste), tomato ketchup, oregano and parsley and stir well, making sure the ingredients are well blended.
6. In a small cup mix the cheese sauce granules with about 6 tablespoons of boiling water.
7. Add to the pan and stir (don't worry if the sauce is either too thick or thin at this stage, u can add more water or simmer the sauce to reduce it depending on how you like it).
8. Allow sauce to simmer for 1-2 minutes being careful not to overcook the sauce.
9. Toss the cooked pasta in the sauce until all of it is covered in sauce.

Garlic Bread

Ingredients

3-4 tablespoons of butter (good quality margarine works too), at room temperature

1-2 teaspoons of garlic powder

2 teaspoons of dried parsley

Low protein sliced loaf or bread rolls (as many as you like, the butter will keep in the fridge in a lidded container for ages)

Method

1. Mix the butter a little with a fork to loosen it.
2. Add the garlic and parsley and mix well.
3. Spread the butter on the bread (you can butter both sides if you like).
4. Sandwich the pieces together and wrap in tinfoil.
5. Place in oven at 200°C for approximately 4-6 minutes or until bread is cooked and soft.
6. Uncover the pieces and lay flat on tinfoil, cook uncovered for a further 2-3 minutes in the oven or under the grill until golden brown and slightly crispy on the edges (remember to turn pieces over halfway through browning if you want both sides browner)