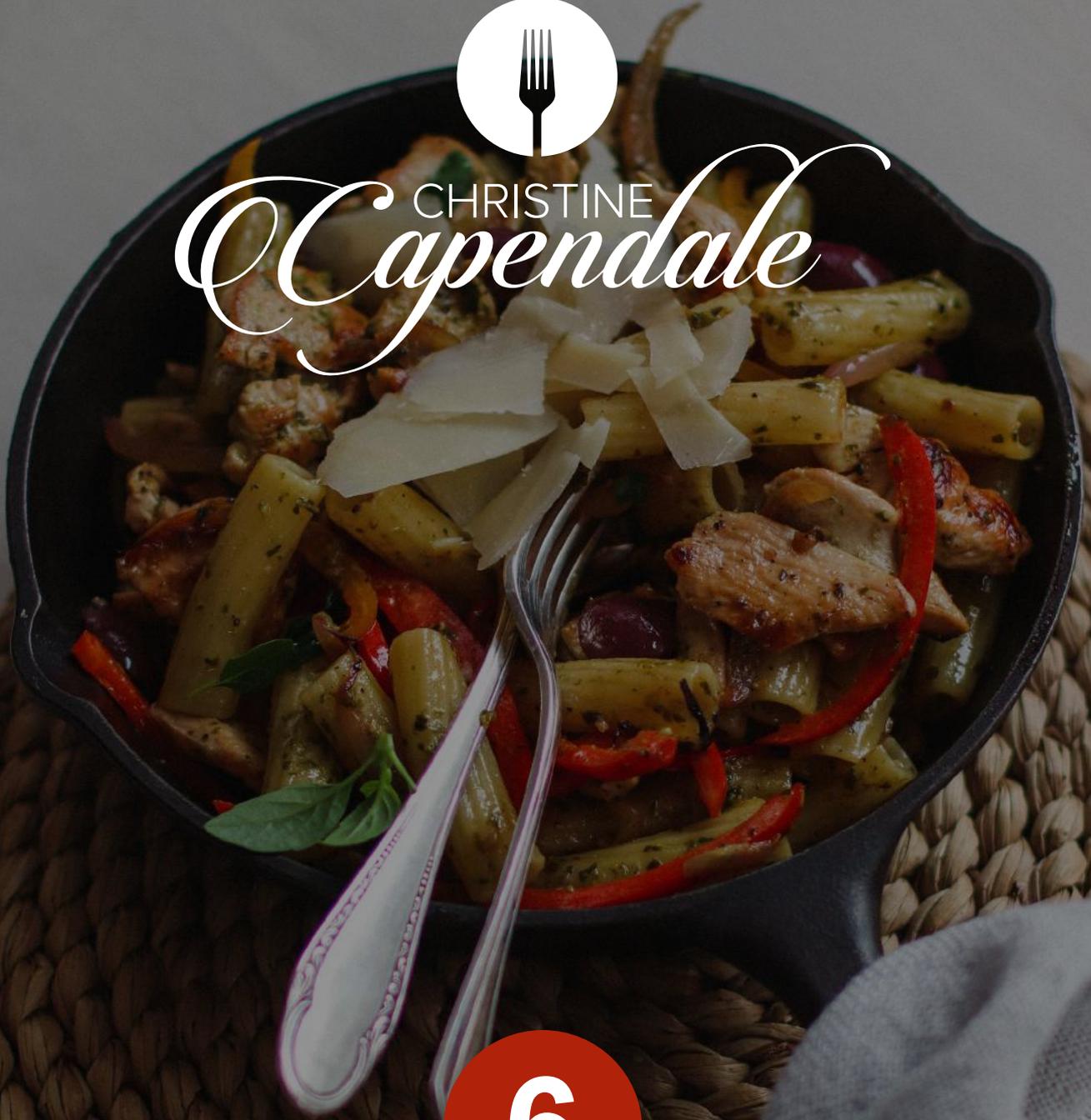




CHRISTINE
Capendale



6

Easy
**PASTA
DISHES**

TAGLIATELLE WITH TOMATOES 3-WAYS, OLIVES, CAPERS AND CHILI

SERVES
4

This is by far my favourite pasta – all the flavours I love in one dish!! It is quick and easy to make. I sometimes add a bit of cream to the sauce just before serving or some pan fried chicken strips.

You can add more olives and chili if you prefer (I always do!) The dish looks spectacular and the fresh tomatoes added at the end gives a wonderful fresh flavour to the dish.

60 ml olive oil
200 g vine tomatoes
1 small onion, chopped
2 garlic cloves, crushed
410 g tinned Italian chopped tomatoes
5 ml sugar
15 kalamata olives, stoned and halved
60 ml capers, chopped
1 green chili, chopped
200 g small rosa tomatoes (cut most of the tomatoes in half but leave some whole)
Salt and freshly ground black pepper
Fresh basil, torn and Parmesan shavings for serving

METHOD:

- Preheat the oven to 180°C.
- Place the vine tomatoes on a baking tray, drizzle with 15 ml olive oil, season with salt and black pepper and bake in the oven for 10 minutes or until the skins start to burst. Keep aside.
- Heat the rest of the olive oil in a saucepan on medium heat and fry the onion until tender but not brown. Add the garlic
- Add the chopped tinned tomatoes and sugar. Simmer for about 5 minutes, remove from the heat and season with salt and black pepper. Use a stick blender and blend the sauce to be smooth (do this in the saucepan)
- Return the saucepan to the heat and add the olives, capers and chili and simmer for another 5 minutes.
- Taste and adjust the seasoning, stir in the fresh rosa tomatoes and some basil.
- Serve on cooked tagliatelle pasta, top with the oven roasted vine tomatoes, parmesan shavings and more fresh basil



SPINACH AND RICOTTA GNOCCHI WITH SMOKEY TOMATO SAUCE AND LEMON



SERVES
4

I always thought this fabulous and delicious dish was too involved, time consuming and difficult to make until I made a similar one -posted by Hein of @heinstirred a while ago. Now I am hooked! I often order gnocchi in restaurants and are mostly disappointed. This recipe is SO delicious – you will love it and certainly NOT be disappointed.

GNOCCHI:

400 g ricotta (I used half normal ricotta and half smooth ricotta – Woolworths brand)
50 g grated parmesan cheese
160 g flour
3 eggs
Zest of 1 lemon
5 ml salt
Black pepper
200 g baby spinach, wilted in boiling water and drained very well

SAUCE:

1 kg roma tomatoes, halved
30 ml olive oil
Salt and black pepper
5 ml sugar
Fresh herbs to taste

TO SERVE:

50 g butter
15 ml lemon juice
15 ml olive oil
200 g baby tomatoes, halved and seasoned
Parmesan shavings for serving
Basil for serving

METHOD:

- Mix the ricotta and parmesan in a large bowl
- Chop the wilted, drained spinach and add.
- Add the flour, eggs, zest, salt and pepper and mix until combined to a dough
- Divide the dough in four and roll out each piece on a floured surface to a 3cm wide log
- Slice into 2cm wide pieces and set aside on a floured tray (you can make this a day before or a few hours before using. Keep it covered)
- Heat the grill of your oven on maximum.
- Place the tomatoes on a baking tray, season with salt and pepper and drizzle with the olive oil. Place under the grill until the skins have blackened/charred.
- Pour the tomatoes and their juices into a bowl and crush with a fork or use a blender. Season with more salt and pepper to taste and add the sugar. You can add some herbs eg chopped basil or thyme (optional)
- Bring a large pot of salted water to the boil and cook the gnocchi in 2 batches until risen to the surface and cooked through. Drain.
- Melt the butter in a large frying pan and add half of the cooked gnocchi. Fry on both sides for about 2 minutes until golden and crisp. Repeat with the rest of the gnocchi.
- Add the lemon juice and olive oil to the frying pan to deglaze the pan and pour this over the gnocchi
- Spoon into 4 warm serving bowls and add some baby tomatoes
- Top with parmesan shavings and serve with the sauce on the side
- Garnish with fresh basil



EASY BEEF LASAGNE



SERVES
6

MEAT SAUCE:

15 ml olive oil
1 onion, chopped
2 garlic cloves, crushed
2 carrots, peeled and grated
125 ml finely sliced celery
30 ml chopped rosemary OR thyme
750 g low fat beef mince
1 tin chopped Italian tomatoes
500 ml tomato passata
125 ml white wine
10 ml sugar
15 ml Garlic and herb seasoning
Salt and black pepper to taste

BECHAMEL SAUCE:

125 g butter
125 ml flour
1,25ml milk
Salt and black pepper to taste
250 ml grated strong cheddar cheese
(or parmesan cheese)

TO FINISH:

250 g lasagne sheets
(I prefer to use Barilla pasta sheets)
300 g mozzarella cheese, cut into thin slices
60 ml basil pesto
Few vine tomatoes

METHOD:

- Preheat the oven to 180°C
- Heat the olive oil in a large pot and sauté the onion, garlic, carrots, celery and rosemary(or thyme) for a few minutes on high heat.
- Add the meat allowing it to brown. Season with salt and black pepper and stir to break up any lumps (use a fork). Add the tinned chopped tomatoes, tomato passata, white wine, sugar and the garlic and herb seasoning.
- Set the stove on medium to low heat, cover and let it simmer until the meat and vegetables are cooked and the sauce has thickened. I normally cook it for about 30 minutes but traditionally it is cooked for hours on low heat. You need to give it a stir every now and then. Set aside.
- Prepare the béchamel sauce: Heat the butter on medium heat in another saucepan until melted, add the flour and stir on the heat for about 2 minutes. Remove from the heat and stir in the milk. Whisk it well to ensure that there are no lumps.
- Put it back on the heat and stir all the time as it heats up, cooks through and thickens to your liking. Add salt and black pepper to taste. Stir in the cheese.
- Use an oven-proof dish to construct your lasagne layers. First off, spoon a few tablespoons of the meat sauce onto the bottom of the lasagne dish.
- Then place a layer of the pasta sheets and , top with a layer of meat, a layer of béchamel sauce and a layer of mozzarella cheese (use all the mozzarella cheese for this layer). Drizzle over all the pesto.
- Repeat this step, now the last layer should be the béchamel sauce.
- Cover the lasagne dish with foil or a lid and bake in the oven for 40 minutes until it is done.
- Remove the foil, top with the vine tomatoes and sprinkle with the paprika
- Bake for another 10 minutes
- Let the lasagne stand for 10 minutes before serving



CHICKEN AND PESTO RIGATONI

SERVES
4

This dish takes less than 30 minutes to make and is an all time favourite!! SO tasty and delicious!!

500 g rigatoni pasta
4 chicken fillets, cut into strips
30 ml olive oil
2 cloves garlic, crushed
1 red pepper – cut into thin strips
1 yellow pepper – cut into thin strips
1 red onion - sliced
125 ml pitted black olives, cut in half
80 ml basil pesto
80 ml cream
shavings of Parmesan cheese
Fresh basil
Salt and black pepper for seasoning

METHOD:

- Add the pasta to a pot of boiling, salted water and cook until it is al dente. Drain and return the cooked pasta to the saucepan. Add 10 ml of olive oil, toss well and keep warm.
- Sauté the onion in half of the leftover olive oil in a large frying pan on medium heat– add the pepper strips, garlic and olives and cook for a few minutes – season with salt and pepper and remove from the frying pan.
- Turn up the heat, add the rest of the olive oil and add the chicken strips. Do not stir immediately – wait for the chicken to start frying and brown on the one side before stirring. Season with salt and pepper and cook on both sides
- Return the cooked onion and pepper mixture to the frying pan, add the pesto and the cream and mix gently.
- Add the pasta and toss well to mix
- Spoon into 4 serving plates and top with parmesan shaving and fresh basil
- Serve immediately



PASTA FRESCA WITH BURRATA



SERVES
4

This dish made with hot pasta and cold fresh tomato tastes like summer! In the time that it takes you to boil the water and cook your pasta, the rest of the dish is ready. This simple recipe lets the ingredients shine through and is satisfying and delicious. The dish will also work without the burrata. You can substitute the burrata with fior di late OR soft feta cheese

400 g wholewheat spaghetti or penne pasta
300 g mixed red, yellow and green baby tomatoes, quartered and seasoned
½ red onion, finely chopped
6 radishes, finely sliced
125 ml black olives, pitted, drained and halved
60 ml chopped fresh Italian flat-leaf parsley
60 ml chopped fresh basil
2 cloves garlic, crushed
50 ml olive oil
15 ml red wine vinegar or lemon juice
grated zest of 1 lemon
5 ml sugar
salt and freshly ground black pepper
250 ml baby spinach leaves
burrata for serving (OR use any other soft mozzarella cheese, such as bocconcini or fior di latte)
80 m basil pesto for serving

METHOD:

- Cook the pasta in a saucepan of salted boiling water on high heat until al dente.
- Mix the tomatoes, red onion, radishes, olives, parsley and basil in a bowl.
- In another bowl, mix the garlic, olive oil, red wine vinegar, lemon zest, sugar and some salt and black pepper to make the dressing.
- Add the dressing to the tomato mixture and toss.
- Once the pasta is cooked, drain it and return the pasta to the saucepan. Add the cold tomato mixture and the baby spinach to the hot pasta. Toss well and serve right away in large pasta bowls.
- To serve, remove the burrata from its container and drain. Tear bite-size pieces and place over your plated pasta. Add pesto and serve



ORECCHIETTE WITH PAN FRIED BEEF STRIPS, MUSHROOMS AND PEPPERS



SERVES
4

This is a family favourite! Very easy and quick to prepare. You can make the sauce while the pasta is boiling away – and dinner will be ready in 20 minutes!

400 g free range beef fillet – cut into thin strips
30 ml olive oil
1 small onion, sliced thinly
Chopped chili to taste
2 cloves crushed garlic
1 small red pepper, cut into strips
200 g mushrooms, washed and sliced
30 g butter
100 g baby spinach
100 g cherry tomatoes, halved and seasoned with salt and pepper
100 ml cream
500 g orecchiette pasta
Salt and black pepper for seasoning
Fresh coriander for serving

METHOD:

- Panfry the fillet strips in half of the olive oil, season and remove from the frying pan.
- Add the rest of the olive oil and add the onion, chili and garlic, cook on low heat until almost soft. Add the red pepper strips and cook for another minute. Season and remove from the frying pan
- Add the butter to the frying pan and cook the mushrooms until cooked and dry – season.
- Add the cooked onion mixture and the meat back to the frying pan.
- Add the baby spinach, tomatoes and the cream and cook for a minute or just until the spinach starts to wilt. Taste and adjust the seasoning.
- Meanwhile cook the pasta in a saucepan with lots of boiling water and enough salt until it is al dente. Drain and stir through a little olive oil.
- Serve the meat sauce on the pasta and top with some fresh coriander

