



## Ingredients & Preparation

- **Cherry tomatoes** – remove from vine
- **Garlic cloves** x 2 – peel & finely slice
- **Red onion** – peel & finely slice
- **Basil** – use ½ or 10g wash & coarsely chop
- **Tomato Puree Pot**
- **Linguine Pasta**
- **Pine Nuts**
- **Balsamic Vinegar**

Not Included: Oil for frying, salt & pepper



## Cooking Instructions

1. Fill a large pan with water and bring to the boil. Next add a little oil the add the **linguine pasta** and simmer for 10 to 12 mins until or until cooked.
2. While the pasta is cooking, add 2 tbsp of oil to a large frying pan and place on a medium heat. Add the sliced **red onion** and cook 3 mins, next add the **garlic** and the whole **cherry tomatoes**. Place a lid on the frying pan and gently cook for a further 6 - 8 mins, stirring occasionally. As the tomatoes cook in their steam, they will begin to split open.
3. Next add the **tomato puree**, **balsamic vinegar**, chopped **basil** and a pinch of salt & pepper to the frying pan.
4. Add 4 tbsp or ½ a ladle of the pasta water to the tomatoes and stir in to make a sauce.
5. Drain the pasta and add into the tomatoes and mix well.
6. Toast the **pine nuts** in a dry frying pan on a medium heat for 2mins.
7. To serve place a portion of the rustic tomato pasta into a bowl and top with the toasted pine nuts.



## Nutritional Information

### Nutrition information typical values

Nutrient:	per 100g	per serving (339g)
Energy	443kJ / 105kcal	1500kJ / 357kcal
Fat	3g	10g
of which saturates	0.3g	1g
Carbohydrate	15g	49g
of which sugars	2.9g	9.9g
Protein	3.7g	13g
Salt	0.21g	0.7g

### Rustic Tomato Pasta

#### DIETARY & ALLERGEN INFORMATION:

**CONTAINS** Wheat  
**MAY CONTAIN** Eggs, Sulphites

Made in a facility that also handles: celery, cereals containing gluten, egg, lupin, milk, mustard, nuts, peanuts, sesame seeds, soya, sulphites.

### For More Information Scan Here

