



# Pasta with Napoli sauce and garlic bread

Recipe by School Food Matters



Serves 4-6



30 mins - 3 hours

## INGREDIENTS

- Olive oil
- 250g pasta (dry)
- 75g cheese, grated

### Vegetables:

- 2 medium onions, diced
- 1 clove garlic, crushed or finely diced
- ½ carrot, roughly diced
- ½ cup or a small handful spinach, roughly chopped
- ½ zucchini or other vegetable (eg swede, beans), roughly chopped
- ½ tin cannellini beans, drained
- 1 tbsp salt-reduced tomato paste

### Sauce:

- ½ tsp dried herbs or 1 tbsp fresh herbs\*
- 400g salt-reduced crushed tomatoes\*\*
- 1 tsp salt-reduced beef stock powder
- 100ml water
- Salt and pepper

### For the garlic bread:

- Dinner rolls
- 1 tbsp olive oil
- ⅓ tsp fresh chopped herbs
- ½ tsp roasted minced garlic
- Salt and pepper

### Notes:

\* Basil is preferable, but herbs such as thyme, rosemary and oregano all work well.

\*\* Tinned crushed tomatoes can be replaced with fresh tomatoes if they are available to you.



**Afternoons**  
with Joel Rheinberger  
on 936AM and the ABC listen app





# Pasta with Napoli sauce and garlic bread

Recipe by School Food Matters



Serves 4-6



30 mins - 3 hours

## DIRECTIONS

### To make the Napoli Sauce:

1. Put a large saucepan over medium heat and add enough oil to lightly coat the bottom of the pan.
2. Add the onion and cook until it starts to look transparent. Then add the tomato paste and cook together.
3. Add the remaining vegetables and sauce ingredients, garlic, and cannellini beans. Simmer, stirring occasionally, for as long as possible (1-3 hours is recommended).
4. When the sauce has naturally sweetened, blitz with a stick blender to a smooth consistency.
5. Add water if required to thin the sauce, and season to taste.

### To make pasta:

1. Cook the pasta as per the instructions on the packet. Cook to just al dente.
2. Drain pasta and add to the sauce mixture just before serving, stirring to combine.

### To make garlic bread:

1. Cut bread rolls in half.
2. Combine the oil, minced garlic, herbs, and salt.
3. Coat each slice of bread. Place bread in a single layer on baking trays.
4. Bake at 160°C for 25 minutes.



# Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app

