



Classic Tomato Spaghetti

10'
Hands on

15'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 1-2 tablespoon(s) olive oil
- 1 onion, medium
- 1 bunch basil, fresh
- 2 clove(s) of garlic
- 1 tablespoon(s) balsamic vinegar
- 1 kilo tomatoes, ripe
- 1 pinch salt
- pepper, black
- 480 g spaghetti, whole-grain

To serve

- 50 g parmesan cheese

Διατροφικός πίνακας

Nutrition information per portion

544 Calories (kcal)	9.8 Total Fat (g)	1.5 Saturated Fat (g)	85.0 Total Carbs (g)
27%	14%	8%	33%
9.8 Sugars (g)	18.0 Protein (g)	16.0 Fibre (g)	0.05 Sodium (g)
11%	36%	64%	1%

Method

Watch the video in sign language [here](#).

- Pick the basil leaves (serving a few baby leaves to garnish), then roughly chop the remaining leaves and finely chop the stalks.
- Peel and finely slice the onion and garlic. If using fresh, cut the tomatoes in half, then roughly chop them or open the tins of tomatoes.
- Put a **saucepan** on a medium heat and add 1 tablespoon of oil and the onion, then cook for around 7 minutes, or until soft and lightly golden.
- Stir in the garlic and the basil stalks for a few minutes, then add the fresh or tinned tomatoes and the vinegar. If using tinned tomatoes, break them up with the back of a wooden spoon.
- Season with a pinch of sea salt and black pepper, then continue cooking for around 15 minutes, stirring occasionally.
- Stir in the chopped basil leaves, then reduce to low and leave to tick away. Meanwhile...
- Bring a large **pot** of salted water up to the boil, then 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, but still have a bit of a bite and firmness to it. Use the timings on the packet instructions as a guide, but try some just before the time is up to make sure it's perfectly cooked.
- Once the pasta is done, ladle out and reserve a cup of the cooking water and keep it to one side, then drain in a colander or sieve over the sink.
- Add a splash of pasta water to the sauce if it's a bit thick. Tip in the spaghetti and use tongs to toss well, adding a splash of the pasta water to loosen, if needed.
- Serve with the reserved basil leaves sprinkled over the top and finely grate over the Parmesan cheese.

Tip

If the tomatoes are not ripe, we can use some sugar!