



Classic Tomato Spaghetti

10'

Hands on

15'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 2 tablespoon olive oil
- 1 medium onion
- 1 bunch of fresh basil
- 2 cloves of garlic
- 1 kg ripe tomatoes or 2x400 g tins of plum tomatoes
- 1 tablespoon red wine or balsamic vinegar
- salt
- pepper
- 480 g whole-grain spaghetti
- 15 g parmesan cheese

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

Διατροφικός πίνακας

Nutrition information per portion

566 Calories (kcal)	10.0 Total Fat (g)	3.4 Saturated Fat (g)	85.0 Total Carbs (g)
28%	14%	17%	33%
9.9 Sugars (g)	23.0 Protein (g)	16.0 Fibre (g)	0.26 Sodium (g)
11%	46%	64%	4%

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