

PASTA WITH VEGETABLE SAUCE

<i>Ingredients</i>	<i>Equipment</i>
200 grams Pasta	Large Saucepan
1 Carrot	Electric Frypan
1 Zucchini	Chopping Boards
1 Brown Onion	Chef's Knives or equivalent
1 Red Pepper	Cup & Spoon Measures
2 Cloves Garlic	Wooden Spoon
1 Tablespoon Plain Flour	Colander
2 Tomatoes Peeled	Garlic Crusher
1 Teaspoon Marjoram	Serving dish & Spoon
1 Teaspoon Basil	
2 Teaspoons Tomato Paste	
1 Teaspoon Brown Sugar	
1 Cup Water	
1 Stock Cube crumbled	
Oil for frying	

What to do

1. Get out all required equipment
2. Weigh and measure ingredients
3. $\frac{3}{4}$ fill large saucepan with hot water. Place on stove top to boil.
4. Add the pasta to the boiling water, cook until just soft. Drain in the colander. Place pasta in a serving dish ready for the vegetable sauce.
5. Chop peeled tomatoes into chunks
6. Peel Carrot and cut into thin strips
7. Cut Zucchini into thin strips
8. Cut Red Pepper into thin strips
9. Peel and crush Garlic
10. Peel and chop onion finely

11. Heat oil in frypan, add the Onion, Garlic and Carrot stir over medium heat until onion is soft.
12. Add Zucchini and Red Pepper to the frypan, stir over medium heat for approximately 3 minutes.
13. Stir In Plain Flour, stir over medium heat for a further 2 minutes.
14. Stir in Tomatoes, Marjoram, Basil, Tomato Paste, Sugar, Water and Stock Cube.
15. Allow to boil and thicken slightly, reduce heat, simmer for about 7/10 minutes or until vegetables are tender.
16. Pour vegetable sauce over pasta. Enjoy!