

Tasty Pasta/Chilli

Prep time: 15 minutes Cooking time: 20 minutes



Ingredients

Tasty Pasta

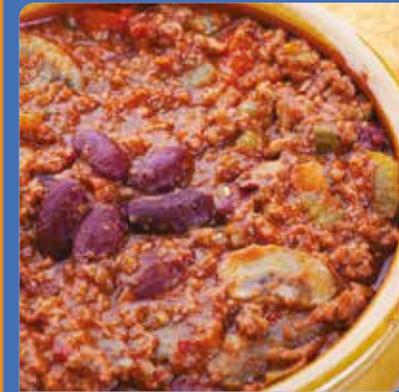
Mince mixture recipe
75g / 3oz dried pasta
Small handful of grated
cheese / 30g / 1oz per person
(optional)



Ingredients

Chilli

Mince mixture recipe
1 teaspoon chilli powder
1 teaspoon cumin
1 tin / 300g / 10oz kidney
beans
50g / 2oz rice per person



Method.

Tasty Pasta

- Whilst mince mixture is simmering, add mixed herbs, pasta and 100ml of water
- Simmer for a further 15–20 minutes or until pasta is cooked
- Serve with a handful of grated cheese on top (optional)

Method.

Chilli

- Stir the spices into the mince mixture - add more or less of the spices to suit your taste
- Whilst mince is cooking boil the rice in a separate pan according to pack instructions
- Drain kidney beans and add to mince mixture 5 minutes before serving
- When rice is cooked, drain and serve with chilli on top



Tip!
To make spaghetti
bolognaise, cook pasta
separately