

AGT Foods Africa - Masterclass

2) PEA PASTA

RECIPE

Pasta

Ingredients

- Pea Pasta x 500gm
- Salt 1 tsp & Pepper ½ tsp (Ground White & Cracked Black)
- Olive Oil x 1 TBLS

Method

- In a large saucepan/pot, bring water to the boil
- Add the pasta salt & olive oil
- Cook until soft (approx. 7 to 12 mins, depending on how soft you like your pasta)
- Drain, rinse add a splash of olive oil & pinch salt.
- To reheat pasta – drop into a pot of boiling water for 1 minute/ pour boiling water from kettle over pasta, let rest for 1 minute, then drain & serve.

Mixed Vegetables

Ingredients

- Baby Spinach, 100gm
- Cherry tomatoes, ½ punnet
- Red onion x 1
- Garlic
- Black olives x 1 seedless calamata
- pumpkin x 200gm, cubes & roasted
- Lemon juice
- Salt & pepper
- pinch of chilli flakes
- Basil/herb oil, 200gm (olive oil, lemon, salt & pepper)

Method

- chop pumpkin into cubes, drizzle with salt, pepper, olive oil & roast
- In heavy saucepan heat vegetable oil, all the salt, garlic & tomatoes, and cook for about 5 to 10 mins until tomatoes are soft and mushy
- Add the red onion and cook for a further 2 minutes
- Add seasoning.
- Add the spinach and stir until just wilted
- Toss olives into tomatoes. Add the sauce to pasta and toss
- Dish onto platter, add the roasted pumpkin, herb oil & serve

UTENSILS:

- 1 x pot w lid (2 to 3 Litre size) for boiling pasta
- 1 x colander to drain pasta
- 1 x Silicon/stainless tongs

- 1 x Silicon/stainless pasta spoon
- Chopping board
- Platter/prep bowls for ingredients
- 1 X large pan for preparing sauce
- 1 x large bowl for mixing pasta & sauce

PLATING & GARNISH:

- Fresh Herbs - Basil
- Edible flowers
- Micro greens
- Funky wonky ware platter (one big sharing platter of pasta)

ALTERNATIVES/VARIATIONS:

Hot or cold

Can reheat very easily without pasta losing its shape or going mushy

Can be used for children too incorporate protein in diet