



COOKING WITH...

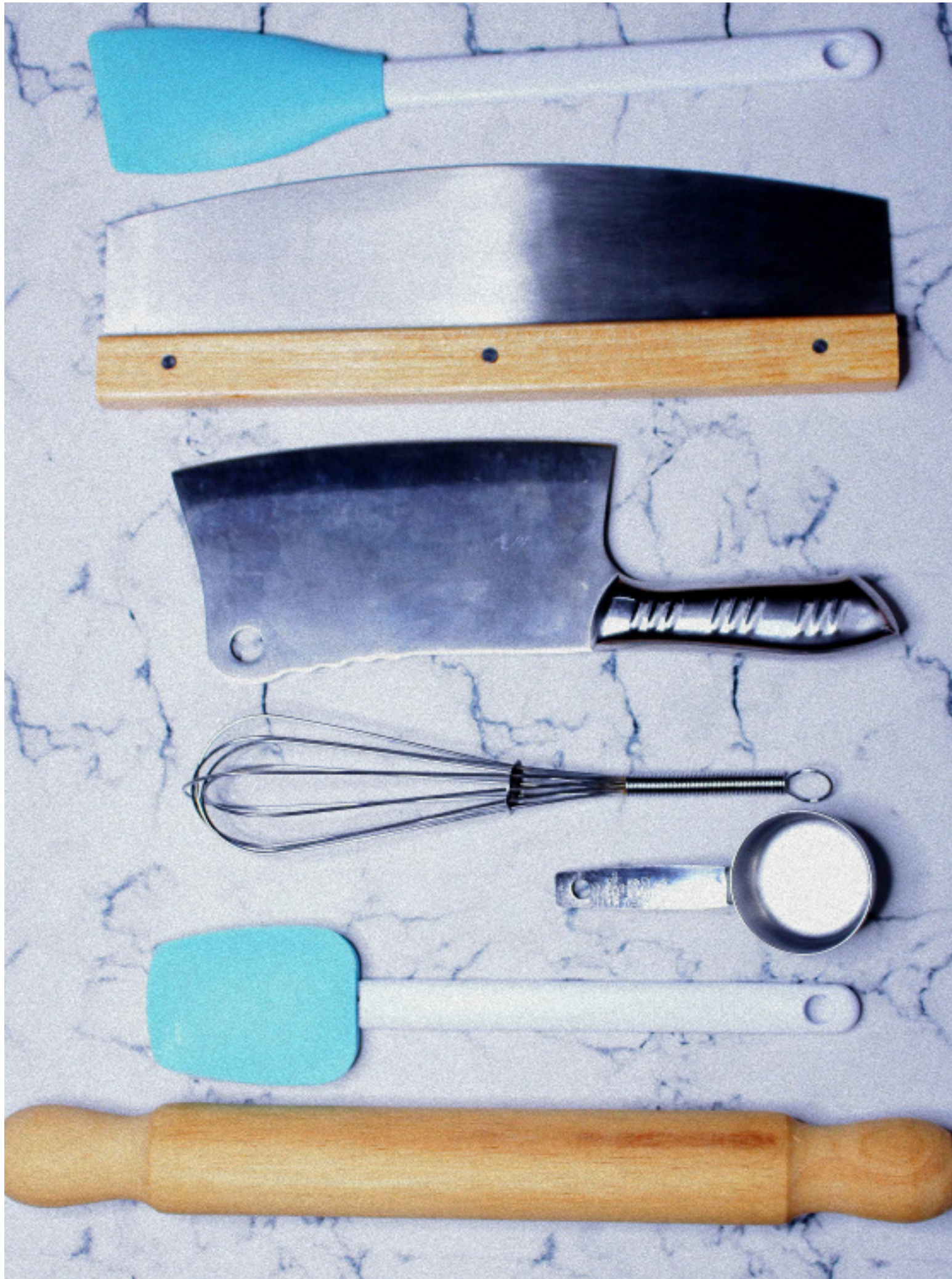
# PASTA



## RECIPES

FOR THE EVERYDAY STUDENT





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# HOMEMADE PASTA

Who doesn't want to make their own homemade pasta filled with love. Even get the family to join!

## INGREDIENTS

- 1 2/3 cups (250g) Lighthouse Pasta Tipo "00" Plain Flour
- Pinch of salt
- 1 Tbsp (20ml) Olive Oil
- 2 eggs
- 3 egg yolks

- 1 Combine the flour and salt in a large mixing bowl or on a clean chopping board or bench top. Make a well in the centre. Place the eggs, yolks and oil in the well and beat the eggs with a fork, gradually incorporating the flour in from the sides..
- 2 Bring together with your hands and knead to form a dough, if the mix is too dry, add water a teaspoon at a time until the dough comes together. Knead the dough until it is smooth and elastic, cover with cling film and place in the refrigerator for 2-3 hours to rest.
- 3 Cut the dough into four pieces and shape as desired.
- 4 Cook filled pasta or noodles in boiling, salted water for 3-5 minutes depending on thickness of pasta.

Video



Recipe





# CHICKEN AND PESTO

77

- Prep: 5 minutes
- Cook time: 20 minutes

Serves 4-6

## INGREDIENTS

- 1 Onion
- 200g Green Beans
- 120g Baby Spinach Leaves
- 2 Chicken Breasts (Or Cooked Roast Chicken)
- 250g Bow-tie pasta
- 150 g Traditional Pesto
- 1/4 tsp Salt
- Grated Parmesan Cheese

- 1 Cut the beans in half or 3 if long. Cut the broccoli in small bite sized pieces. Cut up the chicken breast into bite sized pieces. Fry off the onion and the garlic in a pan with oil and salt and pepper.
- 2 Cook the pasta and bring to a boil, add the beans and broccoli to the pasta and the water. While cooking the pasta, beans and broccoli, add the chicken to the onion once the onion and garlic is softened.
- 3 Once all cooked through, drain the pasta, broccoli and beans. Add the drained ingredients to the pan and combine with the traditional pesto. Top with Parmesan and it's ready to be served.





# EASY CABONARA

Warm and Hearty meal in the winter or great for when you are sick.

- Prep 15 minuets
- Cook 20 minuets
- Total Time: 35 minuets

Serves 1

## INGREDIENTS

- Pinch Of Salt
- Dash Of Oil
- Half Onion
- 100grams of Shaved Ham
- 3 Small Mushrooms
- 2 Cups of Grated Cheese

- 1 Cut up shaved ham, dice onion and mushrooms. Grate cheese.
- 2 Boil water and cook pasta until soft or directions on packaging say otherwise.
- 3 Oil pan and salt, use high heat on stove and put in cut up ham, diced up onion and mushrooms. Stir and move along until onion and mushroom is soft. Add Cheese and stir until melted.
- 4 Drain pasta and add to pan. Mix until combined and pour into a bowl to serve. Top with cheese and salt and pepper and Enjoy!







# BOLOGNAISE

- Prep: 15 minutes
- Cook time: 55 minutes

## Serves 5 Cups

### INGREDIENTS

- 1 tablespoon olive oil
- 1 medium brown onion, finely chopped
- 1 garlic clove, crushed
- 1 teaspoon dried oregano
- 800g beef mince
- 2 tablespoons tomato paste
- 1/2 cup red wine (optional)
- 400g can chopped tomatoes
- 1 cup Massel beef stock
- 1 teaspoon caster sugar

- 1 Heat oil in a large heavy-based saucepan over medium heat. Cook onion and garlic for 3 to 4 minutes or until onion has softened. Increase heat to medium-high. Add oregano. Cook for 1 minute or until fragrant. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 to 10 minutes or until browned.
- 2 Add tomato paste. Cook, stirring, for 1 minute. Add wine (if using), tomato, stock and sugar. Bring to the boil. Reduce heat to medium-low. Cook, partially covered, stirring occasionally, for 30 to 40 minutes or until thick. Season with salt and pepper.
- 3 Cook the pasta in boiling, salted water - add a cup of pasta per person. Drain and refresh.
- 4 Top with sauce. Serve and Enjoy!

# SPAGHETTI TACOS

- Prep: 5 minutes
- Cook time: 5 minutes

### INGREDIENTS

- Taco Shells
- Spaghetti bolognaise

### Oven Instructions

- 1 Preheat oven to 180\* (170\*).
- 2 Remove taco shells from packaging
- 3 Place in preheated oven directly onto middle rack and cook for approximately 5 minutes, or until warm.

### Microwave Instructions: (1000W)

- 1 Remove taco shells and place upside down on a microwave safe dish.
- 2 Microwave on HIGH for 1/2 - 1 minute or until warm.

Video



Recipe







# MAC & CHEESE

- Prep: 10 minutes
- Cook time: 20 minutes

## STOVE-TOP MAC & CHEESE

Serves 6

### INGREDIENTS

- 5 cups milk (1 1/4 L)
- 1 lb elbow macaroni, dry (455 g)
- 2 cups shredded cheddar cheese (200 g)

- 1 In a large pot, bring the milk to a boil.
- 2 Add the pasta and stir constantly until the pasta is cooked, about 10 minutes.
- 3 Turn off the heat, then add the cheddar. Stir until the cheese is melted and the pasta is evenly coated.
- 3 Enjoy!

Note: butter can be used to thicken sauce



- Prep: 5 minutes
- Cook time: 5 minutes

## MICROWAVE MAC & CHEESE

Serves 1-2

### INGREDIENTS

- 1/2 cup macaroni
- 1/2 cup water
- Pinch of salt
- Splash of milk
- 1/4 cup of cheese
- Pinch of pepper

- 1 Pour 1/2 cup of macaroni into a microwave safe mug, add water and a pinch of salt, then stir. Put into the microwave for 2-3 minutes.
- 2 Once macaroni is cooked, stir and add milk, stir again. Add cheese and a pinch of pepper and stir again before putting into the microwave for another 30 seconds.
- 3 Once melted through and combined, stir again and it is now ready to ENJOY!





# MINESTRONE SOUP

Warm and Hearty meal in the winter or great for when you are sick.

- Prep: 20 minutes
- Cook time: 20 minutes

Serves 6

## INGREDIENTS

- 1/4 cup (60ml) olive oil
- 4 slices flat bacon, chopped
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 1 potato, chopped
- 1L (4 cups) Massel chicken style liquid stock
- 600ml jar tomato passata
- 250g bow pasta
- 400g can cannelloni beans, rinsed, drained
- 1/2 cup basil pesto, plus extra to serve
- Grated Parmesan, to serve

- 1 Heat oil in a large saucepan over medium heat. Add the bacon, onion, garlic, carrot and celery and cook, stirring, for 2-3 minutes until softened.
- 2 Add potato, stock and passata and bring to a simmer. Cook for 5-6 minutes until the vegetables are tender.
- 3 Cook the pasta in boiling, salted water - add a cup of pasta per person. Drain and refresh. Add pasta to the soup with the cannelloni beans. Stir through the pesto and serve with extra pesto and Parmesan.



Original recipe - altered.





# SIMPLE PASTA

- Prep: 5 minutes
- Cook time: 20 minutes

Serves 6

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## INGREDIENTS

- 200g Cherry Tomatoes, cut in half
- 150g basil
- 200g bocconcini
- Grated Parmesan

- 1 Heat oil in a large saucepan over high to medium heat. Add the cut cherry tomatoes, basil and bocconcini until softened and bocconcini is melted through
- 2 Boil the pasta and drain when cooked. Add the pasta to the pan and combine the pasta through with the ingredients in the saucepan.
- 3 Once all combined, serve with fresh basil and Parmesan.







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