

## **No-Cook Tomato & Basil Pasta**

**Season:** Summer

**From the garden:** tomatoes, basil, garlic

**Serves:** 8-10 tastes

### **The Kitchen Kit (Equipment)**

Gather these before you start:

- 1 Cutting board & 1 Small knife (Ask a grown-up for help!)
- 1 Small bowl (to catch the tomato seeds)
- 1 Very large mixing bowl (big enough for the pasta and sauce)
- 1 Potato masher or a large wooden spoon
- 1 Fine grater (for garlic and lemon skin)
- 1 Citrus juicer
- Measuring spoons (Tablespoon and teaspoon)
- 1 Large saucepan (for the pasta)
- Kitchen tongs

### **Ingredients**

- 1 kg ripe tomatoes (about 4 or 5 medium ones)
- 1 clove of garlic
- 3 tablespoons extra virgin olive oil
- 1 lemon (you need the grated yellow skin and all the juice)
- 1 teaspoon balsamic vinegar
- 1 teaspoon sugar
- 1 teaspoon salt & ½ teaspoon black pepper
- 500g packet of pasta (spaghetti or fettuccine)
- 1 big handful of fresh basil leaves
- Optional: Grated parmesan cheese for your bowl.

## Method

### 1. Prepare the Tomatoes

Cut the tomatoes in half. Hold each half over your small bowl and give it a gentle squeeze to let the watery seeds fall out. We are going to collect the seeds to plant next year.

### 2. Squish and Mash

Chop the tomato into small chunks and put them in your large mixing bowl. Use the potato masher (or very clean hands!) to squish them until the pieces are tiny.

### 3. Make the Sauce

Add the garlic, olive oil, lemon juice, lemon zest, balsamic vinegar, sugar, salt, and pepper to the tomatoes. Stir it well, cover it, and let it rest on the bench for 15 minutes.

### 4. Cook the Pasta

While the sauce rests, have a grown-up help you boil a large pot of salty water. Cook the pasta until it is soft but still has a little "bite" (this is called al dente).

### 5. The Big Mix

Use your tongs to lift the hot pasta straight into the tomato bowl. It's okay if some pasta water goes in! Toss it all together until the pasta is coated in sauce. Tear the basil leaves with your fingers and stir them in last.

## The Super Swish Clean-Up

**Scrape:** Put tomato scraps in the worm bucket.

**Soak:** Fill the big bowl with warm soapy water after you serve the food.

**Wash:** Wash cups and cutlery first, then the big pots.

**Safety:** Ask a grown-up to wash the sharp knives and the grater.

**Dry & Shine:** Grab a clean, dry tea towel. Dry every item thoroughly so there are no water drips left.

**Putting Away (The Finish Line!)** Open the cupboards and drawers and put everything back in its "home."

Stack the bowls neatly. Put the cutlery back in the right slots. Hang the tea towel up to dry when you are finished.

**Wipe:** Give the benches a final wipe so the kitchen looks brand new!