

# Pasta Pangrattato

Pangrattato is made by toasting breadcrumbs with extra flavours, in Italy it was known as 'poor man's Parmesan' but we think it's actually better than boring old cheese and great with a homemade tomato sauce.

## Ingredients:

### For the breadcrumbs:

**50g white bread**  
1 tsp. dried oregano  
1 clove garlic  
1 tsp chilli flakes  
(optional)  
1 tbsp. oil

### For the sauce:

1 medium onion  
2 cloves garlic  
1 tbsp. oil  
2 x 400g cans chopped  
tomatoes  
1 tsp. spoon sugar  
1 tsp. spoon dried basil  
**300g pasta (uncooked  
weight)**

### Equipment:

Weighing scales  
Chopping board  
Sharp knife  
Measuring spoons  
Large frying pan with lid  
Wooden spoon  
Large serving spoon

### **ALLERGENS HIGHLIGHTED IN BOLD**

## Instructions:

1. Begin by making the pangrattato; Make coarse breadcrumbs from the bread by using your fingers, a grater or a food processor
2. Finely chop the garlic and mix with the breadcrumbs, oregano and chilli flakes (if using)
3. Heat the oil in a frying pan over a medium heat, add the breadcrumb mix to the pan
4. Toss the crumbs in the oil and cook gently, stirring regularly, until golden and toasted. Transfer the pangrattato to a dish until later
5. Now make the sauce: Peel and finely chop the onion and garlic
6. Measure the remaining oil and heat gently in the frying pan for 1 minute
7. Add the onion and garlic and fry on a low heat until the onion has softened. This will take about 10 minutes
8. Add the chopped tomatoes, sugar and dried basil. Turn up the heat and stir well. When the sauce starts to bubble, turn the heat down and simmer until the tomatoes and onions have formed a thick sauce. Stir occasionally
9. Whilst the sauce is simmering cook the pasta according to the instructions on the packet.
10. To serve, toss the pasta in the tomato sauce. Sprinkle over the toasted breadcrumbs once served in bowls or on plates – Enjoy!

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