

# Peppery Pasta Pangrattato

Pangrattato is a great Italian dish made with a homemade tomato sauce and uses toasted breadcrumbs to provide extra flavour.

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.

Please note: some ingredients may have changed since we filmed the video.



## Equipment you will need:

- Chopping board
- Sharp knife
- Grater (optional)
- Bowl
- Measuring spoons
- Large frying pan with lid
- Large saucepan with lid
- Wooden spoon
- Large serving spoon
- Tin opener
- Colander or sieve

## Ingredients (allergens highlighted in bold):

### For the pangrattato:

- 50g breadcrumbs**
- 1 teaspoon dried oregano
- 1 clove garlic
- 1 teaspoon chilli flakes (optional)
- 1 tablespoon oil

### For the sauce:

- 1 medium onion
- 2 cloves garlic
- 1 tablespoon oil
- 2 x 400g tins chopped tomatoes
- 1 teaspoon dried basil
- 1 pepper
- Sugar to taste

### For the pasta:

- 300g (75g per person)**
- wholemeal pasta**
- Water

Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

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## Instructions:

1. Begin by making the pangrattato; Peel and finely chop the garlic. In a bowl, mix the breadcrumbs, oregano, garlic and chilli flakes (if using).
2. Measure the oil and add to the frying pan over a medium heat, add the breadcrumb mix to the pan. Toss the breadcrumbs in the oil and cook gently, stirring regularly, until golden and toasted. Transfer the pangrattato back to the bowl until later.
3. Now make the sauce: peel and finely chop the onion and garlic and dice the pepper.
4. Measure the oil and heat gently in the frying pan for 1 minute.

5. Half fill the saucepan with water and bring to the boil ready to cook the pasta.
6. Add the diced pepper to the frying pan and cook for 4–5 minutes. Then add the onion and garlic and fry on a low heat until the onion has softened. This will take about 10 minutes.
7. Add the chopped tomatoes and dried basil to the frying pan. Turn up the heat and stir well.
8. When the sauce starts to bubble, turn the heat down, cover with the lid and simmer until the tomatoes and onions have formed a thick sauce. Stir occasionally and add a small amount of sugar to taste.
9. Whilst the sauce is simmering, cook the pasta. Carefully add in the pasta to the saucepan of boiling water, for 8–10 minutes. Once cooked, drain over the sink using a colander.
10. Once drained, toss the pasta in the tomato sauce. If neither of your pans are large enough you can serve the pasta first, topped with the sauce.
11. Sprinkle over the pangrattato once served in bowls or on plates – enjoy!

Remember to measure or check the weights of your ingredients.  
We may have included more than you need.

**Cooking for more than 4?**  
Add an extra 75g pasta per person and top with grated cheese.



Foods with "use by" dates are perishable and must be eaten before the given date. Foods with "best before" dates can be eaten after the given date, but it won't be fresh.