

Basic tomato pasta sauce

Makes: 2–3 portions

Time: 15–20 min

Ingredients

- 2 tbsp **olive oil from confit garlic**
- 1 x 400g tin **Mutti Polpa**
- 3–6 cloves **confit garlic**, mashed
- **Salt + black pepper**
- Optional: splash of **pasta water** (to finish)

Method

1. Warm the **confit garlic oil** in a pan on **medium-low** for 30–60 seconds.
 2. Add the **Mutti Polpa**, stir, and bring to a gentle simmer.
 3. Add the **mashed confit garlic** and stir until it melts into the sauce.
 4. Simmer **10–15 minutes**, stirring occasionally, until slightly thickened.
 5. Season with **salt + pepper**.
 6. Toss with pasta. Loosen with a splash of **pasta water** if you like.
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Puttanesca-style tomato sauce (capers, olives, parsley)

Makes: 2–3 portions

Time: 15–20 min

Ingredients

- 1 batch **Basic tomato pasta sauce** (above)
- 1–2 tbsp **capers**, drained (rinse if very salty)
- 80–120g **olives** (black/Kalamata), roughly chopped
- 1 small handful **fresh parsley**, finely chopped
- Optional: pinch to ½ tsp **chilli flakes**
- Optional: 1–2 tsp **lemon juice** (or a little zest)

Method

1. Start making the **basic sauce**.
2. After it's simmered for about **5 minutes**, stir in the **capers + olives** (and **chilli flakes** if using).
3. Simmer another **5–8 minutes**.

4. Turn off the heat and stir through **parsley**.
5. Finish with **lemon** if using, then toss with pasta and serve.

Tip: Hold back on salt until the end — capers and olives are salty.

Vibrant tomato & spinach pasta sauce

Makes: 2–3 portions

Time: 15–20 min

Ingredients

- 1 batch **Basic tomato pasta sauce** (above)
- 80–120g **fresh spinach**, washed (about 2 big handfuls)
- Optional: **grated cheese** to serve (Parmesan, Grana Padano, Pecorino, or cheddar if that's what you've got)

Method

1. Make the **basic sauce**.
2. In the last **1–2 minutes** of simmering, add the **spinach** a handful at a time, stirring until just wilted.
3. Toss with pasta and serve.
4. Top with **grated cheese** if you want.