

Greek Tomato and olive pasta

Ingredients

- 2 cloves garlic
- 1 or 2 chillies (depending on heat tolerance).
- 2 teaspoons of dried tarragon.
- 5-6 finely chopped tomatoes.
- 3 tablespoons of tomato puree.
- 5 - 10 green queen olives, sliced and stones removed.
- 3 teaspoons of capers.
- 4-5 oz of cooked chickpeas.
- One quarter of cucumber finely chopped.
- 4 finely chopped spring onions.
- 4 florets of broccoli, finely chopped
- 8 fluid ounces of water.
- A couple of teaspoons of olive oil. (More if you like).
- Cooked penne pasta or pasta of your choice.

Cooking instructions

Add water, olive oil, garlic and chilli into a pan and cook down for a few minutes. Add tomatoes and tomato puree. Cover and simmer for about ten minutes until tomatoes have cooked down. Add queen olives, capers, tarragon and cooked chickpeas and allow to simmer for a few more minutes. Boil penne pasta for ten minutes or as per packet instructions and then add to the sauce. (Best to cook these while preparing your sauce). Add cucumber, spring onions and broccoli and stir in at end and serve in pasta bowl.



Some food facts

Italian or Greek food is all about good ingredients, so try to use the best quality food you can when preparing any food of this origin.

Garlic is a health giving ingredient, proven over centuries and contains manganese, vitamin B6, Vitamin C, Selenium, fibre, decent amounts of calcium, copper, potassium, phosphorus, Iron and Vitamin B1. Garlic contains antioxidants and can help detoxify against heavy metals.

Chilli peppers are rich in vitamin C and also help to protect the body against free radicals. Chillies contain good amounts of minerals such as potassium, manganese, iron and magnesium.

Capers contain Vitamin K which is good for bone and cell growth. Capers also contain sodium and modest amounts of iron.

Olives contain the good fats the body needs. Olives have also been linked with helping to reduce blood pressure, have antioxidant and anti inflammatory effects on the body. Olives are also now being seen as a good protection against cancer.

Tomatoes are also an excellent source vitamin C, biotin, molybdenum, and vitamin K. They are also a very good source of copper, potassium, manganese, dietary fibre, vitamin A (in the form of beta-carotene), vitamin B6, folate, niacin, vitamin E, and phosphorus. Tomatoes are now being linked with protection against cancer, especially prostate cancer. I all, a good food to eat regularly.

We hope you enjoy our recipe. Happy eating!!!!