

# ONE POT PASTA



**Servings:** 2 people

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Difficulty Rating:**



## INGREDIENTS

- 200 g pasta of choice
- 200 g cherry tomatoes
- 1 onion
- 3 cloves of garlic
- 100 g baby spinach (or frozen)
- 50 g parmesan cheese
- 100 g cream cheese
- 2 tbsp virgin olive oil
- salt and pepper to taste
- ½ tsp chilli flakes

## INSTRUCTIONS

1. Arrange the tomatoes, spinach, onion, garlic in bottom of large (deep) frying pan.
2. Put the pasta in the middle of the pan and pour on oil and 600ml water (with chicken or veg stock).
3. Place the pan over a medium high heat and bring the contents to the boil. (watch it carefully)
4. Using tongs or wooden spoon, stir the pasta regularly and cook for the time on the pasta (approx 10 mins), turn down heat and stir in the cream cheese and warm through
5. Remove from the heat and stir in the basil and chilli flakes (leave out if you don't like it spicy. Add salt and pepper to taste.

# Week 2 – One-Pan Pasta & Kitchen Maths Made Easy!

## Theme: Everyday Maths Through Cooking (Without the Stress!)

### What We're Learning:

- How to measure pasta, water, herbs, and veg
- Using cups, weighing scales, teaspoons, and tablespoons with confidence
- Portioning pasta for 1, 2, or 4 people
- Understanding cooking times – and what something like “simmer for 10 minutes” actually looks like

### Activities

The Pasta Portion Challenge Everyone guesses what the amount of pasta in the recipe looks like in the weighing scales – then we check with scales to see who was closest to being correct!

We will be:

- Measuring liquids & pasta
- Counting spoonfuls
- Timing cooking
- Portion control



### 1. Getting the Right Amount (Weighing Pasta)



☑ Guess how much pasta feels right for one person.

We'll use digital weighing scale



We'll also use a traditional scales to look at the units and numbers on different scales!

### Take-Home Activity:

Participants will be encouraged to remake the recipe at home and send one photo to the WhatsApp group:

- Photo 1: Their finished one-pan pasta
- Challenge: A 5 second video sent via whatsapp app of you sprinkling the weighed out parmesan over the pasta.