

Time

Preparation time 10 minutes

Cooking time 20-25 minutes

Ingredients

- 300g wholemeal spaghetti (uncooked weight)
- 1 tablespoon olive oil
- 300g smoked bacon, chopped (remove and discard rind and fat)
- 142g tomato purée
- 1–3 garlic cloves peeled and crushed
- 1 teaspoon dried oregano
- pepper
- 2 x 400g tinned plum tomatoes
- grated Parmesan cheese (optional)

Method

- 1. Bring a saucepan of water to the boil, add the spaghetti and cook according to the packet instructions.
- 2. Heat the olive oil in a wok or large frying pan, add the bacon and cook for 5 minutes.
- 3. Drain the spaghetti in a colander and rinse with boiling water. Add to the bacon along with tomato purée, garlic, oregano and pepper and continue to cook gently.
- 4. Heat the plum tomatoes and their juice in a separate saucepan.
- 5. Remove the spaghetti bacon mixture from the heat and divide it between four plates.
- 6. In the centre of each plate of spaghetti, place 2–3 plum tomatoes and some juice. Sprinkle lightly with the Parmesan cheese.



Public Health