



**RESCUING FOOD • NOURISHING COMMUNITIES**

**FOOD CARD**

# PASTA

## TYPES

fresh or dried

Shapes include:

- Conchiglie (shells)
- Macaroni (elbows)
- Penne
- Rotini (spirals)

## STORE

Uncooked: in a cool dry place (in a sealed container).

Cooked: in the fridge. Use within 48 hours.

## COOK

**Boil:** Bring water to the boil in a large pot (allow about 1 litre of water for every 100g of pasta). Add 1tsp salt and pasta. Boil for:

2-3 minutes (fresh pasta) or until it rises to the surface of the water.

8-12 minutes (dried pasta) until it is al dente (firm to bite but not soft).

## AVOID WASTE

Use leftover pasta in pasta salad, soups.

**Freeze:** Can be frozen for 3 months.

## TASTY IDEAS

- serve pasta with tomato pasta sauce or spaghetti bolognese.
- make macaroni cheese or cheesy pasta bake.
- make pasta salad: add chopped chives, pineapple, cheese and light mayonnaise.