



# WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

# CONNECTED

## Quick Tomato and Cheese Pasta

Serves: 2

Prep Time: 1 min    Cooking time: 20 mins

*A great recipe for using left overs from the fridge, use fresh tomatoes and Feta cheese, roast in the oven and stirred into left over cooked pasta for a quick tea. Quick and easy to prepare. Serve with green salad and garlic bread.*

### INGREDIENTS

- 2 servings, cooked pasta shapes
- 1 pack cherry or small plum tomatoes
- 1/2 block feta cheese
- 3 teaspoons sunflower or olive oil
- ground black pepper
- 1 peeled, crushed garlic clove
- Chopped fresh basil, or 1 teaspoon mixed herbs

### GET COOKING

- 1 Preheat oven to 200 c/gas mk 6
  2. Place the tomatoes in an ovenproof dish, pour the oil over the tomatoes, add the garlic, season with herbs and pepper, stir.
  3. Place the cheese in the middle of the dish with the tomatoes, flip it over a few times to cover with oil and seasoning.
  4. Place in the oven, bake for 20 minutes or until the tomatoes and cheese are soft.
  5. Warm the pasta, stir in the tomato and cheese, mix well, add a tablespoon of hot water if the sauce is a little dry
- Place the mix back into the dish to serve.



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