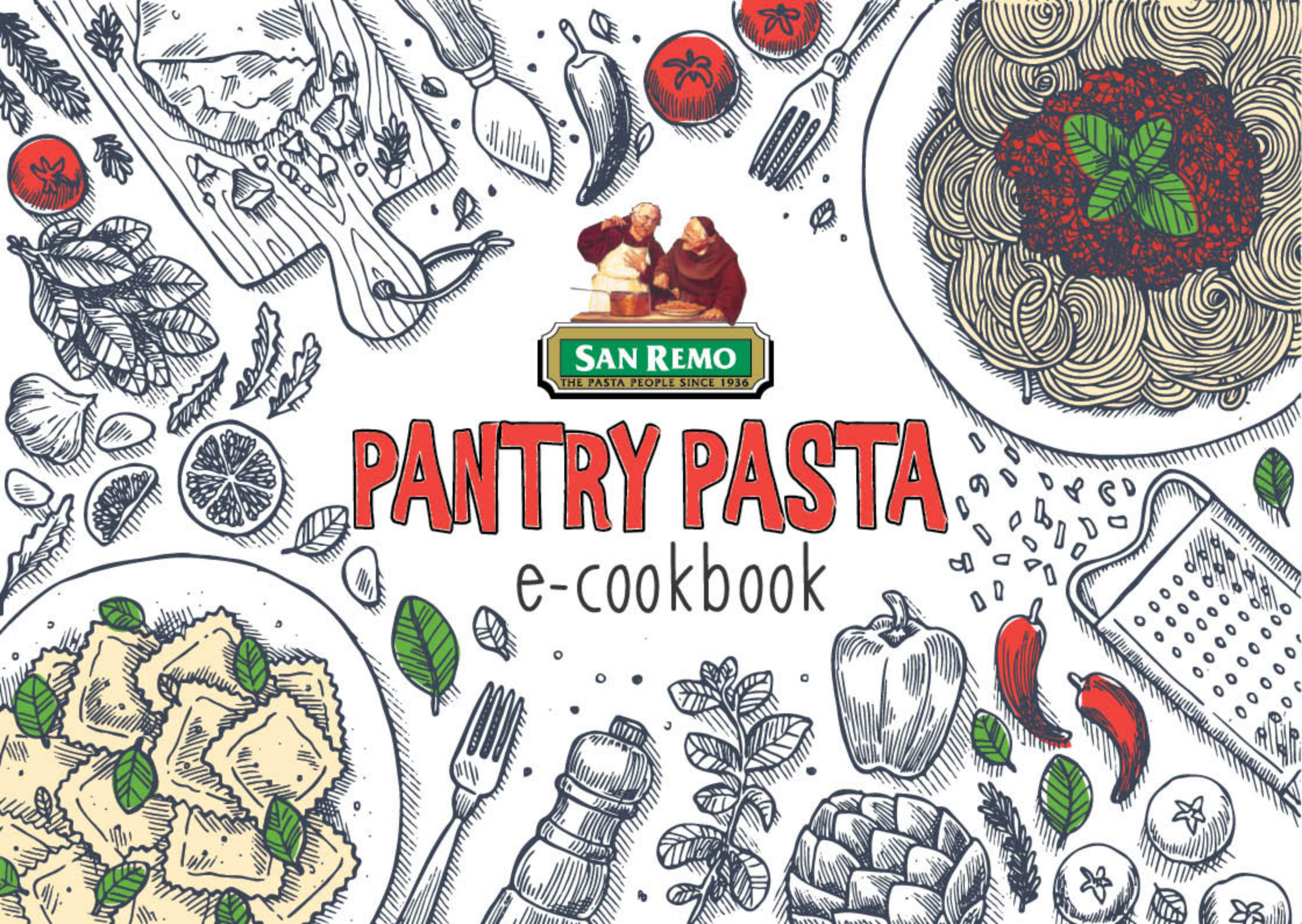
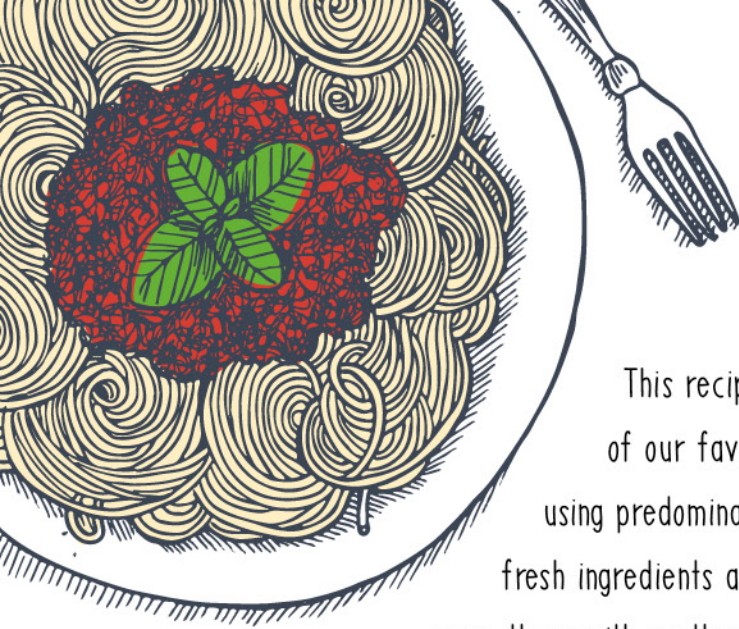




PANTRY PASTA

e-cookbook





This recipe collection features some of our favourite, easy to make meals using predominantly pantry staples. Where fresh ingredients are included, you can easily swap them with another or omit them all together and still serve a delicious pasta meal! Easy swaps include switching fresh herbs for dried herbs. Happy cooking!

PANTRY PASTA

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SAN REMO
THE PASTA PEOPLE SINCE 1936

Below is a list of our top 15 pantry staples that we always keep handy in our kitchen! With any of the ingredients, you can create a nutritious, tasty and affordable pasta dish for the whole family in just minutes!

We've also listed some of our other top favourite kitchen staples that we like to use to take a simple pasta dish to the next level!

OUR TOP 15 PANTRY STAPLES:

- * Pasta
- * Salt
- * Pepper
- * Olive Oil
- * Tinned Tomatoes
- * Passata
- * Tomato Paste
- * Jarred Pesto
- * Garlic
- * Onion
- * Dried Herbs: parsley, basil, oregano, fennel seeds, bay leaves, rosemary
- * Dried Spices: chilli flakes, garlic powder, onion powder, paprika, cumin, nutmeg
- * Canned beans: chickpeas, lentils, red kidney beans, cannellini beans, black beans
- * Tinned Tuna
- * Stock: vegetable, chicken or beef

OTHER FRESH KITCHEN STAPLES:

- Dairy:**
- * Parmesan Cheese
 - * Butter
 - * Cream
 - * Milk
 - * Eggs

Vegetables:

- * Tomatoes
- * Mushrooms
- * Carrot
- * Zucchini
- * Broccoli
- * Spinach
- * Asparagus
- * Eggplant
- * Capsicum
- * Sweet Potato
- * Pumpkin
- * Corn

Protein:

- * Chicken
- * Mince Meat (beef, pork or lamb)
- * Bacon
- * Salmon
- * Prawns
- * Tofu

Herbs:

- * Parsley
- * Basil
- * Rosemary
- * Bay leaves
- * Spring Onion
- * Chilli



WAGON WHEELS WITH ROASTED TOMATOES, RED ONION, CHILLI & CAPERS (VEGAN)

INGREDIENTS

San Remo Wagon Wheels 500g
2 punnets heirloom cherry tomatoes
2 tbsp olive oil
Salt and pepper, to taste
1 red onion, finely sliced
2 garlic cloves, finely sliced
1 large red chilli, finely sliced
2 tbsp capers
Basil leaves, to garnish



METHOD

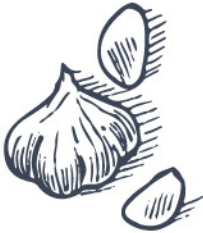
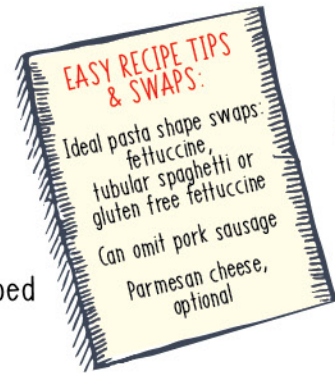
1. Preheat oven to 200 °C.
2. Slice tomatoes in half, place cut side up in a single layer on a baking tray lined with baking paper.
3. Drizzle with 1 tbsp olive oil, season with salt and pepper and place in the oven to roast for 10 minutes.
4. Into a pot of boiling salted water, add the pasta and cook as per packet directions, retaining 1 cup of the pasta cooking water.
5. While the pasta is cooking, heat 1 tbsp olive oil in a large frypan, add red onion and sauté until softened.
6. Add garlic, chilli and capers and cook for 2 minutes.
7. Add the roasted tomatoes and the cooked pasta and toss to combine.
8. Add a little pasta water to create a sauce and cook until tomatoes just begin to collapse.
9. Garnish pasta with basil leaves before serving.



CURLY FETTUCCINE WITH PORK SAUSAGE & BORLOTTI BEAN RAGU

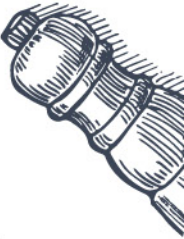
INGREDIENTS

San Remo Curly Fettuccine 500g
¼ cup olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
250g Italian style pork sausage, casings removed and roughly chopped
2 x 400g tins chopped tomatoes
Salt and pepper, to taste
400g tinned borlotti beans, drained and rinsed
40g grated parmesan



METHOD

1. Heat olive oil over medium heat in a medium saucepan, add onion and garlic and sauté until softened.
2. Add pork sausage and cook until browned.
3. Add tinned tomato, season with salt and pepper and simmer for 30 minutes, stirring occasionally.
4. Add drained borlotti beans and cook for a further 5 minutes.
5. Meanwhile, into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain, reserving a small cup of the pasta cooking water.
6. Return drained pasta to the pasta cooking pot. Pour over the ragu and toss to combine, adding a small amount of the pasta cooking water if required, to loosen the sauce.
7. Serve topped with grated parmesan.



We're family.



PASTA BAKE WITH TUNA

INGREDIENTS

San Remo Penne 500g
2 tbsp extra virgin olive oil
1 brown onion, peeled and finely diced
2 x 400g tins chopped tomatoes
Salt and pepper, to taste
2 x 185g tins tuna in olive oil
¼ bunch basil leaves or 1 teaspoon dried basil
1 cup grated Parmesan cheese



METHOD

1. Pre-heat oven to 200°C (180°C fan-forced). Lightly grease a large baking dish.
2. Into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain.
3. In a small frying pan, heat oil over a medium heat. Add onion and cook for 4 minutes, or until onion becomes translucent and aromatic.
4. Add tomatoes and season with salt and pepper. Cover and cook on a gentle heat for 20 minutes, or until the sauce has thickened.
5. Add tuna and basil leaves, stirring until well combined.
6. Add the cooked pasta, tossing until well coated.
7. Place half the pasta into prepared baking dish and sprinkle over ½ cup Parmesan cheese to cover pasta.
8. Add remaining pasta and sprinkle with remaining Parmesan cheese.
9. Cover baking dish with foil and place in pre-heated oven for 25-30 minutes until cooked.
10. Remove foil for the last 5 minutes of cooking to allow the top of the pasta to become golden and crisp.

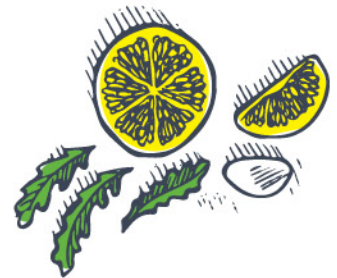




VEGAN CREAMY AVOCADO SPAGHETTI (VEGAN)

INGREDIENTS

San Remo Pulse Pasta Spaghetti 250g
1 avocado, peeled and cored
Juice of 1 lemon
½ tsp garlic flakes or powder
2 tbsp olive oil
2 tbsp water
1 handful spinach leaves, or basil/coriander
Salt and pepper, to taste



METHOD

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions.
2. Meanwhile, in a blender add in all other ingredients and blend until smooth.
3. Toss sauce through the cooked pasta just before serving and season with salt and pepper.





SPAGHETTI ARRABIATA (VEGETARIAN)

INGREDIENTS

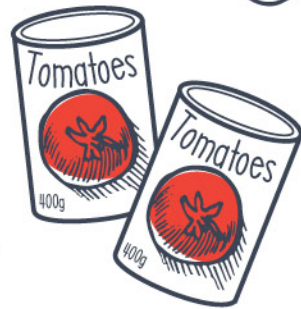
San Remo Instant Spaghetti 500g
 ¼ cup olive oil
 ¼ cup fresh parsley, chopped
 4 garlic cloves, crushed
 4 onions, roughly chopped
 140g tomato paste
 2 tsp dried basil
 1 tsp oregano
 ½ tsp chilli flakes, crushed
 Salt and pepper, to taste
 2 x 400g cans crushed tomatoes
 Parmesan cheese

EASY RECIPE TIPS & SWAPS:

Ideal pasta shape swaps:
 linguine,
 fettuccine or
 brown rice spaghetti
 Parmesan cheese,
 optional

METHOD

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions, drain.
2. Heat oil in a large pan on low-medium heat. Stir in parsley and garlic and cook for 5 minutes.
3. Add onions and cook a further 10 minutes until caramelised.
4. Add tomato paste, basil, oregano and chilli flakes.
5. Season generously with salt and pepper, stir well and cook for 2 minutes.
6. Add crushed tomatoes and simmer uncovered for 45 minutes on medium heat.
7. Toss sauce through the pasta and garnish with parmesan cheese.

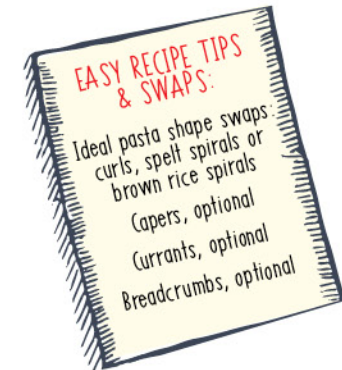




WAGON WHEELS WITH CAULIFLOWER, LEMON & CHILLI

INGREDIENTS

San Remo Wagon Wheels 500g
 4 tbsp olive oil
 1 red onion, finely chopped
 2 garlic cloves, finely chopped
 1 tsp dried chilli
 4 anchovies
 40g capers
 1 celery stalk, finely chopped
 ¼ medium cauliflower, chopped
 40g currants
 1 lemon, zested and juiced
 Salt and pepper, to taste
 Breadcrumbs, toasted, to garnish



METHOD

1. Heat olive oil over a medium heat in a large frypan. Add red onion, garlic, chilli, anchovies, capers and celery and sauté until fragrant.
2. Add chopped cauliflower and sauté.
3. Add currants and lemon zest.
4. Meanwhile, into a pot of boiling salted water, add the pasta and cook as per packet directions.
5. Add cooked pasta to the frypan along with the lemon juice, season with salt and pepper and toss well to combine.
6. Serve pasta garnished with toasted breadcrumbs.





LEMON & HERB PASTA (VEGETARIAN)

INGREDIENTS

San Remo Curls 500g
100g butter, diced
1 tbsp olive oil
1 birdseye chilli, chopped
1 garlic clove, chopped
½ cup parsley, finely chopped
½ cup basil, finely chopped
3 lemons, juiced and zest of 1 lemon
Salt and pepper, to taste
Parmigiano cheese, to serve



METHOD

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions.
2. Meanwhile, in a pan, melt the butter and olive oil, then add chilli and garlic and fry until fragrant.
3. Add parsley, basil, lemon juice and zest. Season with salt and pepper and toss to combine.
4. Once the pasta is a minute from being ready, transfer the pasta and a splash of cooking water to the sauce and toss again to combine.
5. Serve with Parmigiano cheese and more black pepper.

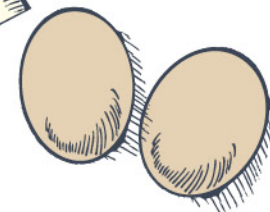
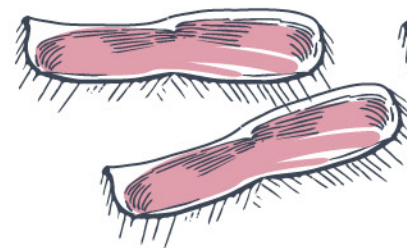




7-MINUTE ANGEL HAIR CARBONARA

INGREDIENTS

San Remo Angel Hair Spaghetti 500g
4 short rashers of bacon, cut into thin strips
4 whole eggs, beaten
2 handfuls of grated parmesigiano cheese
Black pepper



METHOD

1. In a fry pan, add the bacon and cook until crispy.
2. Into a pot of boiling salted water, add the pasta and cook as per packet directions for 2 minutes, drain.
3. Add the cooked pasta to the fry pan and toss through the beaten eggs until they have cooked and coated the pasta.
4. Stir through some parmesigiano cheese and serve with freshly cracked pepper.

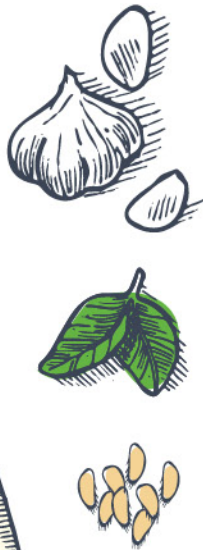




PESTO & GARLIC MUSHROOM PASTA (VEGAN, GF)

INGREDIENTS

San Remo Pulse Pasta Spaghetti 250g
 3 tbsps dairy free butter
 2 garlic cloves, minced (or 2 tsp of jar crushed garlic)
 1 cup mushrooms, sliced
 $\frac{1}{3}$ cup pesto, store bought (gluten free) or homemade
 3 tbsps pine nuts
 Fresh basil, to serve
 Breadcrumbs, toasted, to garnish



METHOD

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions.
2. Meanwhile, melt the dairy free butter over medium heat in a large frypan.
3. Add garlic and cook for a few minutes.
4. Add mushrooms to the pan and cook until mushrooms are softened and browned on the edges.
5. When the pasta is cooked, drain and add it to the pan with the mushrooms.
6. Stir through the pesto until evenly coated.
7. Serve with fresh basil and pine nuts.





TUBULAR SPAGHETTI WITH NAPOLITANA SAUCE (VEGETARIAN)

INGREDIENTS

San Remo Tubular Spaghetti 500g
 $\frac{1}{3}$ cup olive oil
 1 onion, finely chopped
 2 garlic cloves, finely chopped
 $\frac{1}{4}$ bunch basil, leaves picked and stems retained
 2 x 400g tins chopped tomatoes
 Salt and pepper, to taste
 40g grated parmesan
 Breadcrumbs, toasted, to garnish



METHOD

1. Heat a medium saucepan over medium heat, add olive oil, onion, garlic and basil stems and sauté until onion is softened.
2. Add tinned tomato, season with salt and pepper and bring to the boil.
3. Lower heat and simmer sauce for 20 minutes, stirring occasionally.
4. Remove basil stems and puree the sauce with a hand blender.
5. Meanwhile, into a pot of boiling salted water, add the pasta and cook as per packet directions.
6. Return drained pasta to the pasta cooking pot, pour over the sauce and toss to combine.
7. Serve pasta with grated Parmesan and garnish with basil leaves.



QUICK PESTO CHICKEN PENNE

INGREDIENTS

San Remo Ready Pasta Penne 250g

¼ cup basil pesto

½ cup frozen peas

1 cup roasted chicken meat, shredded

2 cups baby spinach



METHOD

1. Cook San Remo Ready Pasta Penne according to the packet directions.
2. Heat pesto in a saucepan, add peas and stir until peas have cooked.
3. Add shredded chicken, spinach, pasta and stir.
4. Serve and enjoy!





CLASSIC NAPOLITANA (VEGAN, GF)

INGREDIENTS

San Remo Gluten Free Spaghetti 350g
 5 tbsp olive oil
 1 garlic clove
 400g tin San Marzano tomatoes or whole tomatoes
 ¼ cup basil leaves
 Salt and pepper, to taste
 ½ cup grated pecorino



METHOD

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions, retaining ½ cup of pasta water.
2. In a pan on medium heat, add oil and garlic. Cook for 2 minutes or until garlic is just colouring.
3. Remove garlic.
4. Add tomatoes to the pan and crush with a wooden spoon.
5. Add half a cup of pasta water to the pan and cook for 3 to 4 minutes, stirring constantly on a medium heat.
6. Stir through basil and turn off heat, before seasoning with salt and pepper.
7. Add drained pasta and half the pecorino to the sauce and stir.
8. Serve with remaining pecorino sprinkled over the top.

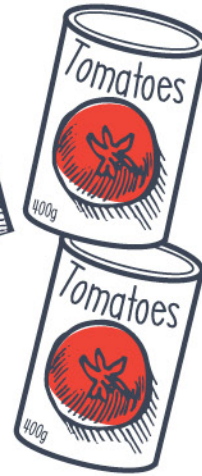




MEXICAN LASAGNA

INGREDIENTS

San Remo Large Instant Lasagna 250g
1 tbsp olive oil
400g beef mince
1 onion, finely chopped
35g packet taco seasoning
1 cup water
400g can red kidney beans, drained
2 x 400g tins diced tomatoes
400g can creamed corn
¼ cup cheddar cheese
¼ cup fresh parsley, chopped



METHOD

1. Preheat oven to 180°C.
2. Heat oil and brown beef and onion over high heat for 5 minutes.
3. Stir in taco seasoning, water, kidney beans and tomatoes. Reduce heat and simmer for 5 minutes.
4. Cover a greased rectangular baking dish with a layer of meat sauce.
5. Place 2 lasagna sheets over meat sauce and cover with another layer of meat sauce.
6. Top with half of the corn, then layer with two more lasagna sheets.
7. Repeat the meat sauce, corn and lasagna sheet layers again, then finish with a final layer of meat sauce, making sure all the lasagna is covered.
8. Sprinkle with cheddar cheese and parsley, then cover with foil and bake for 45 minutes.





PENNE PUTTANESCA

INGREDIENTS

San Remo Penne 500g
 2 tbsp olive oil
 1 clove garlic, crushed
 2 x 400g tins peeled tomatoes, chopped
 2 tbsp stuffed olives, sliced
 1 tbsp parsley, chopped
 ½ capsicum, finely diced
 4 anchovy fillets, drained and chopped
 1 tsp basil leaves
 ½ tsp chilli powder (or to taste)
 1 tsp sugar
 Salt and pepper, to taste
 Parmesan cheese, to serve



METHOD

1. On medium heat, heat olive oil in a saucepan. Add garlic and cook until brown, stirring frequently.
2. Add tomatoes, olives, parsley, capsicum, anchovies, basil and chilli. Season with sugar, salt and pepper.
3. Bring to the boil and simmer gently for 15 minutes.
4. Into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain and return to pot.
5. Add ¾ of the sauce and gently stir it through.
6. Serve topped with the remaining sauce, a sprinkle of Parmesan cheese and garnished with basil or parsley leaves.

