The Nourish and Develop Foundation's







PANTRY CLIPS MEAL KIT

Step-by-step instructions and all the ingredients you need to make this delish dish! Serves 4.



THIS KIT INCLUDES (INGREDIENTS):

Chicken or vegetable stock, linguini, onion, tomatoes, garlic, lemon, olive oil



Scan this QR code and check out our YouTube channel to find the video for this recipe, so you can follow along with Chef Edna as she cooks!

Flip to find the instructions for this recipe

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INGREDIENTS

4 1/2 cups chicken or veggie stock (or 1 bouillon cube)
1 12 oz box of linguini (or a pasta of similar thickness)
14 oz can of diced tomatoes, not drained
1 small onion, thinly sliced
4 garlic cloves, minced
1 lemon, juiced and zested
1 handful of basil or a fresh herb of your choosing (optional)
1/4 cup of parmesan cheese, grated (optional)
2 tbsp olive oil
Salt and pepper (to taste)

METHOD

- 1. | Add pasta directly to the pot (you may need to break them in half if they don't fit).
- 2. Add onion, tomatoes, half of the basil, garlic, lemon zest, and lemon juice.
- 3. Drizzle with olive oil and lightly season with salt and pepper. Pour the chicken stock in.
- 4. While stirring frequently, bring pot to a boil over high heat for 8-10 minutes (or until the pasta is cooked al dente*), uncovered.
- 5. Remove from heat and add parmesan. Taste and season accordingly.
- 6. Garnish with fresh basil, if desired.
- * 'Al Dente' is an Italian teerm meaning 'to the tooth.' In terms of pasta, 'al dente' means pasta that is not mushy, or still a little bit firm.
- * This is a super easy and quick recipe to make, but remember: watch your pot! The key to this recipe is stirring the pasta while it boils, so it doesn't stick to the pan.
- * The longer you let the cooked pasta rest in the sauce, the thicker the sauce will get.

