Zupa Pomidorowa

Serves 4, generously

Ingredients

100g filini pasta noodles or broken angel hair spaghetti
Extra virgin olive oil - enough to cover the bottom of the pan
1 onion, finely chopped
2 or 3 cloves garlic, finely chopped or crushed
2 sticks celery, finely chopped
Small bunch flat leaf parsley, finely chopped, keep chopped stalks aside to cook with onions
1 tablespoon dried mixed herbs
2 carrots, grated
1 courgette, grated
1kg passata
1 heaped tablespoon tomato puree
Pinch of sea salt
Few grinds of black pepper

Method

Leave the lid on at each stage when you are cooking this soup, the steam helps the vegetables cook nicely and more efficiently.

Bring a pan of salted water to the boil and add the noodles. Cook according to packet instructions, drain and rinse thoroughly in cold water. Set aside and stir through a good slosh of olive oil.

Put the olive oil in a heavy-bottomed pan on a gentle heat and add the onions, garlic, celery and parsley stalks followed by the herbs, salt and pepper. Stir and let cook until soft but not browned. This takes about 10 minutes. If the onions start to stick, turn down the heat and add a splash of water.

Add the carrots, courgette and a small cup of water and bring to a simmer and cook until the vegetables have softened, stirring occasionally. This takes about 15 minutes.

Stir in the passata and tomato puree. Leave to simmer with the lid off for a good 5 minutes until the tomato is well combined with the vegetables.

Take the pan off the heat, stir in the flat leaf parsley and noodles. Taste and adjust seasoning if necessary.

Finishing touches, if you are feeling fancy!
• crumbled feta cheese • crunchy croutons • chilli flakes

TWO TEASPOONS
COOKERY