



Macaroni slosh

Ingredients

Serves six

- 200g dried macaroni
- 400g tinned tomatoes
- 350g mushrooms
(or 350g of vegetables – why not try onion, pepper, sweetcorn, or courgette?)
- Eight sausages (or vegetarian or vegan sausages)
- Six slices of bacon (optional)
- Herbs and spices
(why not try mild chilli powder, mixed herbs, basil, oregano, or garlic powder?)

Method

- Fill your pan with water, bring it to the boil, and add the macaroni. Cook according to the packet instructions (as a guide, macaroni usually takes between 10 and 12 minutes).

You can check if it's cooked by trying to pick it up with fork. You could also scoop out one piece to eat, but run it under cold water first (so you don't burn your tongue), and wash the utensil straight away – don't put it back in the pan!
- Drain the cooked pasta, cover it, and set it aside to cool down.
- Fry the sausages (or vegetarian sausages) and bacon (if using) in the pan until they're well done. Slice them, and set them aside on a plate.
- Chop the vegetables into bite sized pieces. Fry them in the pan until they're well done. Set them aside on a plate.

If you put the vegetables in at the same time as the meat (or meat substitutes), the moisture in the vegetables will keep the temperature too low for the meat (or substitutes) to crisp and brown.
- Slosh all of the ingredients (the pasta, the tinned tomatoes, the meat or meat substitutes, and the vegetables) into the pan. Add herbs and spices (if using) – you can taste as you go along, but be careful not to burn your mouth, and don't put the utensil back in the pan.
- Simmer the slosh for between 5 and 10 minutes (not too much longer – or it'll turn to mush).
- Serve, and enjoy!