

Recipe Card # 13



Quick Fiji Style Pasta

Ingredients: 2 cups pasta , 1 can chopped tomatoes, 1/2 cup Fire sauce (tomato sauce mixed with a teaspoon of Friends Fiji Style® Chilli Pickle), 2 Tablespoons olive oil, 1 onion, chopped, 1 eggplant (cubed), 2 cloves garlic, 1 cup Pizza Cheese.

Method: Prepare pasta according to package directions. Drain and set aside. Heat oil in medium hot skillet. Add onions. Cook for about 5-8 minutes, turning frequently with a metal or plastic spatula, until onions are soft. Add garlic and cook for just a minute. Add the cubed eggplants toss mixture with spatula until eggplants cook down. Add can tomatoes and fire sauce, and stir to combine with vegetables. Bring mixture to a low boil and cook on medium heat until the sauce thickens, for about 10 minutes. Add grated cheese and heat thoroughly. Add drained pasta and toss gently to combine it with the sauce.