

Confetti Spaghetti

Season: Summer/Autumn

From the garden: Cherry tomatoes, tomatoes, zucchini, cucumber, capsicum, corn, beans, peas, spinach, herbs

Type: Main dish

Difficulty: Easy

Serves: 4 as a main, 16 small tastes

Equipment

- Clean tea towels
- Chef's knife
- Vegetable knife
- Chopping board
- Bowl
- Large saucepan
- Colander
- Large serving bowl
- Wooden spoon
- Measuring spoons
- Jam jar

Ingredients

- 250g spaghetti
- 1 cup cherry tomatoes
- 1-2 tomatoes
- 1 zucchini
- 1 capsicum
- 10-15 beans
- 1 cob sweetcorn
- 10 peapods
- 1 handful spinach
- 1/3 cup soft summer herbs, e.g. basil, parsley, dill, chives
- 100g feta cheese (optional)

Dressing

- 5 tablespoons olive oil
- 3 tablespoons apple cider vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon honey/caster sugar
- 1/2 teaspoon salt
- Black pepper

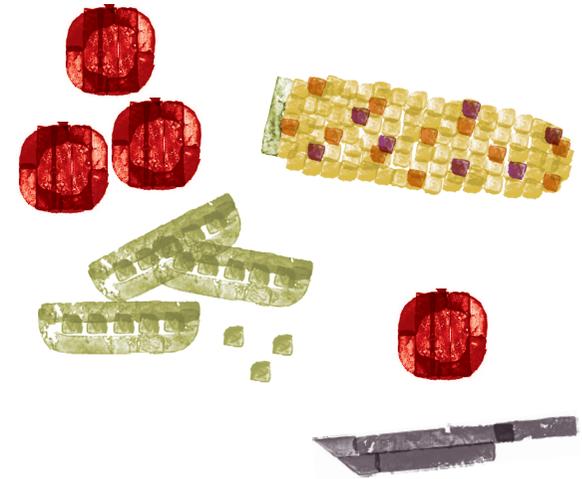
How to make it:

1. Break the spaghetti into short lengths
2. Wash and dry the vegetables and herbs on a clean tea towel.
3. Cut the cherry tomatoes in half and place in a bowl. Cut the big tomatoes into small dice.
4. Chop the zucchini, cucumber and capsicum into small dice. Cut beans into 1cm lengths. Pod the peas. Add vegetables to the bowl with the tomatoes.
5. Finely chop the spinach and herbs. Cut the corn kernels off the cob.
6. Put all of the dressing ingredients into a jar and shake until mixed.
7. Bring a large saucepan of water to the boil. Cook the spaghetti according to the packet instructions.
8. 2 minutes before the spaghetti is cooked, add the corn to the boiling water. Drain spaghetti using a colander when it is cooked.
9. Let the spaghetti cool slightly and then put in a serving bowl. Add all of the chopped vegetables and stir through.
10. Pour the dressing over and stir through.
11. Sprinkle the herbs and feta cheese (if using) on top.

Skills:

Cutting, chopping **dicing***, frying

***Key skill:** dice - chop into small squares of the same size. Food is often cut into thin strips first and then the strips are cut into small squares.



Notes:

- You can break the spaghetti in several ways without it flying everywhere: wrap in a clean tea towel and snap into lengths, snap it in the packaging, or bash it with a rolling pin.
- This is a perfect recipe to use at the start of the year when new classes need lots of chopping practice and tomatoes are in season.
- Show students how to chop tomatoes around the equator, which keeps the seeds in place.
- Mix up the vegetables if your garden has something else ready to harvest. You need approximately 4-5 cups of chopped vegetables in total.

**GARDEN
TO TABLE**



GROW.
HARVEST.
PREPARE.
SHARE.