

Tupperware®

Serves: 4 • Serving size: about 1 cup



PREP: 10 minutes
COOK: 7 minutes, 30 seconds

CAPELLINI with Easy Tomato Sauce

½ lb./225 g capellini pasta, broken in half
1 tsp. kosher salt, divided
2 garlic cloves, peeled
¼ cup loosely packed flat leaf (Italian) parsley
1 tbsp. fresh oregano leaves
¼ cup extra virgin olive oil
⅛ tsp. freshly cracked black pepper
1 lb./455 g cherry tomatoes
8 fresh basil leaves, torn

1. Fill Tupperware® Smart Multi-Cooker base/water reservoir to the max fill line for pasta. Add capellini and ½ tsp. of the salt. Microwave, uncovered, on high power 7 minutes, 30 seconds, or until pasta is al dente or cooked to desired doneness.
2. In the Power Chef® System fitted with the blade attachment, combine garlic, parsley, oregano, olive oil, remaining salt and pepper. Cover and pull cord until well minced. Add tomatoes, cover and pull cord until tomatoes are chopped into about ¼"/6 cm pieces, about 6 pulls.
3. Drain pasta and return to base/water reservoir. Add tomato mixture, toss to coat; garnish with fresh basil leaves. Serve warm or at room temperature.

Nutritional Information (per serving):
Calories: 310 Total Fat: 10g Saturated Fat: 1.5g Cholesterol: 0mg
Carbohydrate: 48g Sugar: 5g Fiber: 4g Protein: 9g Sodium: 180mg
Vitamin A: 25% Vitamin C: 35% Calcium: 4% Iron: 15%

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