

**BBC**FOOD

## Budget arrabiata pasta

★★★★☆ 3.7 | 20 ratings



By Justine Pattison

A fast and spicy supper that's ready in less than 20 minutes. Feel free to use any pasta shapes you like and chopped fresh chilli instead of dried flakes if you prefer. The cheddar can be swapped for Parmesan or any cheese you have handy – or left out altogether.

This recipe is part of a Budget meal plan for one. In September 2023 this recipe was costed at an average of £1.16 when checking prices at five UK supermarkets. This recipe is designed to be made in conjunction with a low-cost store-cupboard.

### Ingredients

100g/3½oz dried pasta,  
such as penne  
3 tbsp oil, ideally olive oil  
4 garlic cloves, very

### Method

1. Half-fill a medium saucepan with water and cover with a lid. Place over a high heat and bring to the boil. Add the pasta and stir. Cook uncovered for 10–12 minutes, or until the pasta is tender but retains just a little 'bite'. Stir

### Prepare

Less than 30 mins

### Cook

10 to 30 mins

### Serve

Serves 1

### Dietary

Egg-free | Nut-free |  
Pregnancy-friendly |  
Vegetarian

thinly sliced

¼–½ tsp dried chilli flakes, to taste

400g tin chopped tomatoes

salt and ground black pepper

25g/1oz cheddar, finely grated, to serve

occasionally as the pasta cooks, so it doesn't stick.

2. Meanwhile, heat the oil in a frying pan. Add the garlic and cook over a very low heat for 2 minutes, or until the garlic is softened but not browned, stirring regularly. Add the chilli flakes and cook for a few seconds more, stirring constantly.
3. Remove the pan from the heat and gently stir the tomatoes into the garlic-infused oil. Place the pan over a medium-high heat and bring to a simmer. Cook for 5–7 minutes, stirring regularly until the sauce is fairly thick and glossy. Season with a little salt and lots of pepper.
4. Drain the pasta in a colander or sieve, then add to the tomato sauce. Toss together and sprinkle with the cheese to serve.

## Recipe tips

When cooking the garlic, it's important not to let it burn or it will make the sauce taste bitter.

Bring out the sweetness of cheap tinned tomatoes by adding half a teaspoon of sugar to the sauce.

Any leftovers can be kept in the fridge for a couple of days, or frozen for a month. Thaw in the fridge overnight then reheat in the microwave or in a pan on the hob with an extra splash of water.

The sauce is generous enough to stretch to two servings if you add an extra 50g/1¾oz pasta.