

SOME SIMPLE RECIPES TO GET YOU STARTED



This Jamie Oliver recipe has been tweaked a little with the addition of [Tanami Fire](#). And while Jamie's recipe recommends Orecchiette, I just use whatever short pasta I have handy. There is quite a lot of butter in this recipe, so for a more health-conscious meal you might want to use a low-fat dairy spread instead.

Ingredients

- 2 heads broccoli
- 2 large garlic cloves, crushed
- approx 8 anchovy fillets, roughly chopped
- 2 teaspoons [Tanami Fire](#)
- About 80g (four good knobs) unsalted butter
- 500g dried pasta
- 2 good handfuls of shredded or grated parmesan.

And now.....

1. Trim around the broccoli to remove florets, set aside. Trim the stalks, cutting off and discarding the dry ends. Finely chop stalks.
2. Place in a pan with garlic, anchovies, [Tanami Fire](#) and half the butter. Cover and cook slowly over medium-low heat, stirring occasionally, for 8-10 minutes until stalks just soften.
3. Meanwhile, cook pasta in a large pan of boiling salted water according to the packet instructions. Cook the broccoli florets with the pasta for the last 4 minutes, making them just soft enough to eat.
4. Drain pasta and broccoli, reserving a little cooking liquid, then toss into the anchovy mixture. Remove pan from heat and season to taste with salt, pepper, the remaining butter and half the parmesan. Mix well, adding a little of the reserved cooking liquid, if necessary, to loosen pasta and make it shine.
5. Serve sprinkled with the remaining parmesan. Serves 4. Bon Appetit

Native Basil and Tomato Pasta Sauce

Pastas like this always remind me of my husband's 'bachelor cooking' before we were married. Ben and Toby (his older brother) lived together and tomato-based vegie pastas were a regular, and when I visited Ben and I would often throw one together for dinner. It's easy - just whatever veg you have handy, a tin of tomatoes and some tasty herbs - yum! This version serves 2-3 and makes use of the flavoursome [Native Basil](#) with a touch of Mountain Pepper.

Ingredients

- 1 tbsp (a splash) extra virgin olive oil - 1/2 onion - 1/2 red capsicum, halved again and finely sliced
- 1/2 stalk celery, finely sliced - 1 small mild chilli (or a small portion of a spicier chilli!)
- A couple of handfuls of mushrooms, halved and finely sliced - 2 cloves garlic, crushed - 1 400g tin diced tomatoes - 1/4 cup water - 1 tbsp tomato paste - 2 tsp [Native Basil](#) - 1/2 tsp [Ground Mountain Pepper](#) - Ground sea salt, to taste.

1. Assemble ingredients and chop onion, celery, capsicum and chilli. Heat oil in pan over medium-high heat.
2. Saute garlic, onion and celery for about 1 minute before adding the capsicum and chilli. Saute for another few minutes and in the meantime, slice the mushrooms.
3. Add the mushrooms to the vegetable mix, stir and continue cooking until all the vegetables are soft.
4. Pour in the tin of tomatoes and 1/4 cup water. Add the basil and tomato paste, and stir. Reduce heat to low and simmer for 10 minutes. While simmering, put your pasta on to cook.
5. Add [Mountain Pepper](#) to the sauce with a pinch of salt. Taste and season further if required.
6. Drain pasta and divide between bowls. Top with a generous serve of sauce and a sprinkling of shredded parmesan if desired.
7. Enjoy it with some Kakadu Juice.

