



SPAGHETTI ESPRESSI quick cooking

Spaghetti Espressi do not resemble usual pasta. Only with 2 minutes of boiling, they give immediately a light, very delicious meal, you can serve at the "very last minute". That's why it's very important to keep the 2 minute time, if you truly want to enjoy pasta!

Spaghetti with tomato sauce (4-5 servings)

500gr. Spaghetti Espressi

2-3 red tomatoes chopped in small pieces

2 cloves of garlic

1 clove of basil

1 teaspoon of sugar, salt, pepper

1 cup of oil (or butter, or margarine)

1 cup of ground Parmezana cheese

Place in a saucepan sufficient quantity of water with salt and allow to boil. Put in the Spaghetti Espressi and leave to boil for **2 minutes**. Then add cold water, drain and pour immediately half cup of oil, stirring gently so they will not stick.

Prepare the sauce as follows:

Put the oil with the tomato in a small saucepan at mid-heat. Allow to boil for 5 minutes, adding garlic, basil, sugar, salt-pepper and cup of water or broth (cube). Leave to boil approximately 15 minutes and serve the spaghetti hot with sauce and ground





HELIOS PASTA INDUSTRY

PANAGIOTIS SP. DAKOS S.A. PASTA AND FOOD PRODUCTS

11th. Klm.Athens - Lamia National road Num. 37 ● GR 144 51 METAMORFOSSI ATTIKI, GREECE TEL.: 2813 212, 2840 141-9, FAX: 2816 787 ● TELEX: 226192HELLI GR.