

VEEKES&COMPANY

Preparation time : 2-3 minutes

Serves 2

Cilantro Pesto

Boil 150 g of raw durum-wheat pasta or any pasta of your choice. Drain and keep aside. In a pan, add 1 ½ cups [300 ml] of water and the sauce mix and stir till it is mixed well. Heat on a medium flame and stir till the sauce thickens. Add your cooked pasta and finish with 2 tbsp of fresh, unsweetened cream. You are done! For a personal touch, garnish with coriander leaves.

Tip:

Toss your pasta in a little olive oil after you drain it to make sure the pasta doesn't stick.

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Preparation time : 2-3 minutes

Serves 2

Aglio olio

Boil 200 grams of raw durum-wheat pasta or any pasta of your choice. Drain and set aside. In a pan, add 4 tablespoons of oil. Add the Aglio Olio powder and stir for less than a minute on a low flame till the powder mixes well with the oil. Add the cooked pasta and 2 tbsp of water and toss till evenly coated. For a personal touch, use olive oil, garnish with roasted peanuts, chopped olives, sundried tomatoes and shredded mozzarella cheese.

***this is a spicy and tangy dry-toss**

Tip:

Toss your pasta in a little olive oil after you drain it to make sure the pasta doesn't stick.

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Preparation time : 2-3 minutes

Serves 2

Pepper Alfredo

Boil 150 grams of raw durum wheat pasta or any pasta of your choice. Drain and keep aside. In a pan, add 1 ½ cups [300 ml] of water and the Alfredo sauce powder and stir so it mixes well. Heat on a medium flame and keep stirring till the sauce thickens. Add the cooked pasta and mix till it is well coated. Finish with 2 tbsp of fresh, unsweetened cream. If you don't have cream, use a mixture of 200 ml water and 150 ml milk. For a personal touch, garnish with fresh crushed black pepper and cooked green peas and capsicum.

Tip:

Toss your pasta in a little olive oil after you drain it to make sure the pasta doesn't stick.

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Preparation time : 2-3 minutes

Serves 2

Caprese

Boil 150 grams of durum-wheat pasta or any pasta of your choice. Drain and keep aside. In a pan, add 1 ½ cups [300 ML] of water and the Caprese sauce-powder. Stir continuously on a medium flame till the sauce thickens. This takes less than 3 minutes. Add your cooked pasta and mix till evenly coated. Finish with 2 tbsp of fresh, unsweetened cream.

For a personal touch, garnish with chopped sautéed onion and tomato and some black olives.

Tip:

Toss your pasta in a little olive oil after you drain it to make sure the pasta doesn't stick.

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Preparation time : 2-3 minutes

Serves 2

Mulligatawny soup

In a pan, add 2 cups [400ml] of water. Add the mulligatawny soup mix and mix well. Heat on a medium flame till the soup turns thick. Add 2 tbsp of fresh unsweetened cream, 2 tbsp of cooked rice and a lime wedge once you take it off the flame.

Tip:

Toss your pasta in a little olive oil after you drain it to make sure the pasta doesn't stick.

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Preparation time : 2-3 minutes

Serves 2

Broken mustard pasta sauce

Boil 150 grams of durum-wheat pasta or any pasta of your choice. Drain and keep aside. In a pan, add 1 ½ cups [300 ML] of water and the broken mustard sauce-powder. Stir continuously on a medium flame till the sauce thickens. This takes less than 3 minutes. Add your cooked pasta and mix till evenly coated. Finish with 2 tbsp of fresh, unsweetened cream. For a personal touch, garnish with blanched cauliflower florets and roasted almonds.

Tip:

Toss your pasta in a little olive oil after you drain it to make sure the pasta doesn't stick.

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Preparation time : 2-3 minutes

Serves 2

French Onion Soup

In a pan, add 2 cups [400 ml] of water and the soup mix and stir till the powder mixes well. Heat on medium-flame and keep stirring till the soup thickens. Garnish with freshly crushed black pepper.

Tip: In a separate pan, add 2 tbsp of oil and sautee 1 sliced onion till lightly brown. Add this to the finished soup once you take it off the flame.

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Preparation time : 5 minutes

150 g serves 2

1. Bring a pot of water to the boil.
2. Once boiling, add all the raw pasta at once and let cook for 4 minutes. The water must be continuously boiling. Drain the water and keep your pasta aside.
3. **Toss your pasta in a little olive oil after you drain it to make sure the pasta doesn't stick.**
4. Prepare your V&C gourmet pasta sauce following instructions at the bottom of the package and add cooked meat/vegetables of your choice
5. Add the cooked pasta, mix till the sauce just coats the pasta and you are done!

Tip:

Do not overcook the pasta. Pasta must be eaten "Al dente" which means it must still have a bite to it. 4 minutes for our pasta is just right 😊