

# Meal Card

## Penne with Tomatoes, Cannellini Beans and Feta



*An easy, quick recipe that uses fresh ingredients to produce a very flavourful pasta supper.*

*Ingredients: (Serves 4)*

*2 (400g) tins chopped tomatoes  
1 (400g) tin cannellini beans, drained  
and rinsed  
300g (11oz) fresh spinach chopped  
1/2 (500g) pack penne pasta  
1/2 (200g) pack feta cheese, crumbled*

*Prep - 10 minutes*

*Cook - 15 minutes*

*Method:*

- 1. Cook the pasta in a large pot of boiling salted water until al dente.*
- 2. Meanwhile, combine tomatoes and beans in a large frying pan. Bring to the boil over medium high heat. Reduce heat, and simmer for 10 minutes.*
- 3. Add spinach to the sauce; cook for 2 minutes or until spinach wilts, stirring constantly.*
- 4. Serve sauce over pasta, and sprinkle with feta*

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## Eton Mess



*Fresh fruit and bought meringues make this traditional English dessert easy to assemble for a light ending to a meal.*

*Ingredients: (Serves 4)*

*250ml double cream  
4 meringue nests  
350g raspberries*

*Prep - 5 minutes*

*Method:*

- 1. Whip 250ml double cream until it just holds soft peaks.*
- 2. Break 4 meringue nests into pieces and add them to the cream with 350g raspberries.*
- 3. Fold in lightly with a metal spoon, then divide the mixture among four dishes or glasses and serve.*