



Pasta and Good Sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

This is GOOD SAUCE....hm

* 1 can of tomato sauce * 1 clove of garlic, chopped * 1 green/yellow pepper * some watercress * 2 cups of ground pork or chicken * some toasted pine nuts * a bunch of basil * some olive oil * salt, pepper

Instructions

1. fry the garlic in oil until fragrant.
2. add pork/chicken, salt and pepper.
3. When the meat is fully cooked, add tomato sauce and basil. Cover and cook for 3-5 minutes.
4. add pepper and watercress. Allow to cook for another 3 minutes.
5. Serve the sauce on top of pasta and sprinkle pine nuts on top.