

Ingredients for Pasta Fagioli

For 4 people

- ½ kg dried pasta (ditalini)
 - 1 can (400g) drained borlotti beans – or any other legume you like – Italian style contain no sugar compared to Australian beans
 - 1 can peeled tomatoes – not being a nationalist, but the Italian ones do not contain any sugar
 - 1 onion, finely diced
 - 40g flat pancetta or bacon
 - 2 bay leaves – fresh or dry
 - Pinch of salt
 - Pinch of granulated pepper
 - 30ml oil
1. In a heavy based saucepan over high flame, heat the oil. Placing the diced onion in pan and seasoning with salt. Cook for 5 mins
 2. Stir the onion and add the bay leaves and the diced pancetta (or bacon). Cook for further 3-4mins
 3. Add the beans (or other legumes) and cook for a further 5-7mins
 4. Turn the heat down to low and ¾ ladles of vegetable stock or just water.
 5. While this cooks for 115-20mins, cook the pasta to the instructions on the box, but 2 minutes less. Reserve a cup of pasta water
 6. Add the drained pasta to the beans and turn the heat up.
 7. If too dry, add the reserved pasta water and cook for a further 4 mins (video)
 8. Serve in a bowl and add freshly grated Italian parmesan cheese and drizzle extra virgin olive oil. In memory of my mother you can add some diced Spanish onions

