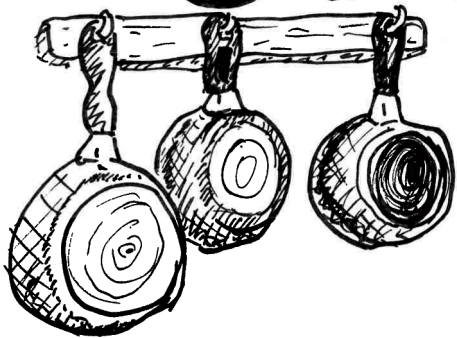


# PASTA



# SAUCE

This is not exactly a recipe. It's more like... a collection of suggestions.

I hope you'll get something out of this zine!

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DEDICATED TO  
**ELLIOT**

(Please dude you gotta learn how to cook)

You will need...



## 1. TOMATO

Tinned or fresh, cherry or Roma, even passata works. Or a combination!

## 2. PROTEIN

Mince, chopped chicken breast, chickpeas, tofu, sausages (precooked + chopped)... even tinned tuna!



## 3. An ONION

Always keep some on hand.

## 4. Other VEGETABLES

Anything you have in the fridge - spinach, mushrooms, carrot, bok choy, capsicum... or anything you buy frozen, like peas or corn.

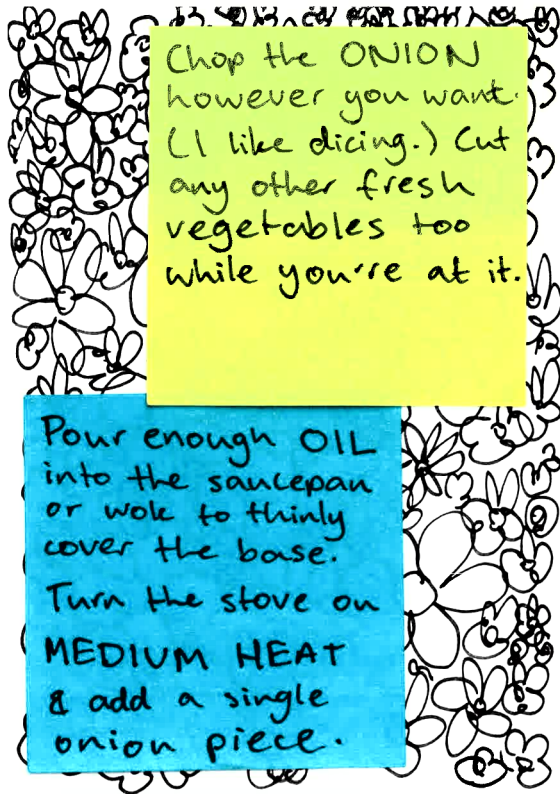
## 5. FLAVOURINGS

Salt + pepper (essential), garlic, stock (liquid, or powdered, or cubes), cumin, garlic powder, onion powder, basil, brown sugar, red wine, chilli powder, tomato paste...



## AND UTENSILS!

- Saucepan or wok
- Stirring implement
- Knife + chopping board
- Spoons for tasting
- Stove (obviously)

A decorative border of hand-drawn flowers and leaves surrounds the text blocks.

Chop the ONION however you want. (I like dicing.) Cut any other fresh vegetables too while you're at it.

Pour enough OIL into the saucepan or wok to thinly cover the base.  
Turn the stove on **MEDIUM HEAT** & add a single onion piece.

When that piece starts to sizzle, add the rest of the onion.

Add garlic paste, garlic/onion powder, chilli or dried spices like cumin here if you're using them.

Once the onion starts to look translucent and soft, add your protein.



If you're using meat, be careful here.

Make sure it's fully cooked with no visible raw bits before moving on to the next step.



Now, add the rest of the chopped vegetables, tomato, and flavourings. Turn down the heat and let it simmer for a bit. (Keep stirring it every few minutes.)



Almost there...

## ASSESS.

### ▷ Too liquid?

Let it simmer with the lid off so water can evaporate. This might take a while but keep stirring every few minutes.

### ▷ Not liquid enough?

Add passata, canned tomato, liquid stock, or (last reserve) plain water.

### ▷ Vegetables not cooked?

Add liquid and then let it simmer for a while.



## TASTE.

Be bold with your seasonings! This part only comes with practice.

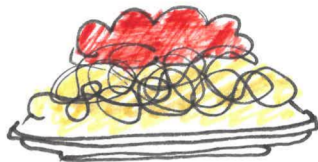
Salt and pepper are typically a safe bet.

When you're happy with it, it's done!



Serve with pasta and cheese of your choosing. Or freeze in portions and defrost for easy meals.

GOOD JOB!!!



Advice from seasoned cooks...  
(and me)

• Have fun! Get silly with it!  
Try new things and you'll  
quickly figure out what you  
do and don't like.

• WORRY LESS. Cooking is  
very forgiving.

If you feel the  
bottom is burned  
DO NOT STIR  
THAT SHIT IN.  
Transfer it to a  
different pot if  
you have another  
one.

Advice from my  
best friend:

<https://calico-computing.neocities.org>

Advice from my  
housemate:

"sauce hard" factor  
actually just lies!!  
tomatoes & mushrooms  
& cheese are all  
holding hands and  
kissing each other  
with tongue

- If you're very nervous try  
using a vegetarian protein,  
like chickpeas, instead of  
meat. You won't need to  
worry about food poisoning.
- You can eat this sauce  
plain if you want. It's  
legal, even.

<https://deadoat.neocities.org>

If you followed these instructions and made a sauce, LET ME KNOW!!

Send me a photo!

You can find me + more things I've made on my website:

<https://neptune.monster>

May your future hold many delicious sauces.



MADE  
WITH  
LOVE

BY ISAAC  
NEPTUNE  
MARCH 2024

