

Marmite cook tonight

How to get a cheap, quick, tasty (if you like marmite...) meal in from a nearly empty cupboard, works out at just over a quid for 4 meals worth.

Ingredients (to serve 4 comfortably):

1 table spoon Marmite (about 15g)

3 heaped table spoons of Butter (about 50g)

Pasta (spaghetti works well)

Instructions:

Boil 400g pasta in boiling salted water for 10 minutes.

In a pan melt 2 table spoons of butter, and mix in 1 table spoon of marmite.

Drain the pasta, keep ½ cup.

Add the butter/marmite to the pasta. If required add some of saved pasta water to ensure the butter/marmite acts as a sauce.

