



I.P.A KIDS COOKING

Spooky Spaghetti



Spooky Spaghetti is a fantastic Spooky meal for kids. We use black food colouring to turn the spaghetti a black colour. It looks kind of weird, but it tastes the exact same as the food colouring has no flavour. We pick up black food colouring in any supermarket but you can find it in any cake decoration store too.

It's so simple to make too. Simply prepare a pot of cooking water by bringing it to a boil with salt and black food colouring paste. Cook the spaghetti as per the package directions and serve with your kid's favourite pasta sauce!

To make Halloween Spaghetti, you will need the following ingredients:

- ½ tsp Black Food colouring
- 1 (16 oz) packet Spaghetti
- 4 quarts Water
- 1 tsp Salt
- 1 cup Tomato sauce

Method

Prepare the cooking water, Place the water, food colouring and salt in a large pot. Bring to a boil.

Place the spaghetti in the water and cook uncovered for approximately 10-12 minutes, or until tender. Stir occasionally to avoid sticking.

Remove the pot from the heat. Drain well.

Serve warm with your kid's favourite pasta sauce.

Nutritional information

- 192 calories
- 1,2g fat
- 37,7g carbohydrates
- 7,3g protein
- 0mg cholesterol

