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Thread: [\[TUT\]Never Hack/RAT on an Empty Stomach \[TUT\]](#)

Love Neg Reps - October 22, 2011, 5:21 am

Hi im Pasta Sauce, im new here at HF and this is my first TuT.

Concentration and thought process is very important when hacking.

As many of you know being distracted or tired you could make a mistake or miss something. In this tutorial i will show you how to prepare a pasta sauce to give you energy and keep you wide awake.

Time:

Ready in 30 mins

Ingredients:

4 tablespoons olive oil

1 onion, chopped

3 tomatoes, chopped

1 to 2 tablespoons tomato purée

salt and freshly ground black pepper to taste

Method:

In a large frying pan over medium heat, cook onion in olive oil until translucent. Stir in tomatoes, cook until juice begins to thicken. Stir in tomato purée, salt and pepper. Reduce heat and simmer 15 minutes more, until rich and thick. Once this is done mix in some herbs of choice, my favourite's are oregano and basil. Once cooked serve on a plate with pasta and use a nice side dish of mozzarella or a cheese of choice.

Outcome:

[\[IMG\]http://img221.imageshack.us/img221/1450/pastasaucew.jpg\[/IMG\]](http://img221.imageshack.us/img221/1450/pastasaucew.jpg)

Hope you enjoyed my first tutorial on concentration, am creating more tutorials dedicated to hacking/helping. But to me this is important.

Cyba - October 22, 2011, 5:22 am

Haha damn nice tutorial xD

love this ;D

Love Neg Reps - October 22, 2011, 5:26 am

very true. seen you twice today seem's you will make a good member here.

SIM-888979 - October 22, 2011, 5:28 am

Of course, only Pasta Sauce can fill up your empty stomach to make you a l33t h4x0r. Great tutorial, really hilarious. But shouldn't this be in another section, like the Lounge?

Frida - October 22, 2011, 5:33 am

Gotta love me some l337 pasta. #Swag.

Love Neg Reps - October 22, 2011, 5:36 am

(Oct 22, 2011 05:33 AM)Discipl? Wrote: [\[CITE\]](#) Gotta love me some 1337 pasta. #Swag.
^^ its always a good idea. Thanks for the nice response guys.

Desorce - October 22, 2011, 5:42 am

Haha damn nice tutorial !! now im hungry Oo

sinfel1234 - October 22, 2011, 5:44 am

lol nice guide man might have to try thisss

OsulMofo - October 22, 2011, 5:58 am

Wow.

This is seriously the wrong section.
Hacking Section NoThanks.

Please move this section.

Maxitj - October 22, 2011, 6:04 am

HAHHAHAHHAHAHH what a king :D .. :)

Love Neg Reps - October 22, 2011, 7:03 am

Bumping this L33t Guide!

tt to post

Love Neg Reps - October 23, 2011, 9:36 am

Bumping this Awsome tut of mine! What you guys think.

Cheers

?Ñåzg?! - October 23, 2011, 9:54 am

Awsome TuT lol I love it!

Pasta is my favorite Food

KaptaiN - October 23, 2011, 9:55 am

Just when I started thinking this section was turning into shit, I see this.

Thank you ?

cfrs - October 23, 2011, 11:35 am

LOL this is hilarious. I think I'll try it out haha

pnkgirl25 - October 23, 2011, 11:44 am

Having this for lunch today :) Thanks

Love Neg Reps - October 24, 2011, 2:06 am

Bump thanks for the good replys guys :D