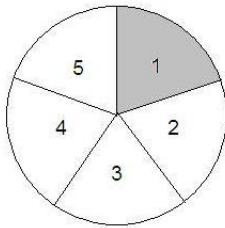


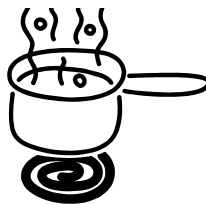
Tomato Pasta Sauce

Serves 4

Portions of fruit & vegetables per serving: 1



Hob needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

May contain sulphur
dioxide

Ingredients	Amount	Preparation
vegetable oil	1 dessertspoon	
onion	1 small	chopped
garlic	2 cloves	crushed
canned plum or chopped tomatoes	1 can (400g/14oz)	
dried mixed herbs	2 teaspoons	
tomato puree	1 dessertspoon	
black pepper	$\frac{1}{2}$ teaspoon	
balsamic vinegar (optional)	1 tablespoon	
pasta	320g (11oz - approx 80g/3oz per person)	

Please Turn Over

Method

- 1 Heat the oil in a saucepan and fry the onion until soft, add the garlic and fry for another minute.
- 2 Add the canned tomatoes, dried herbs, tomato puree, black pepper and vinegar (if using).
- 3 Stir and leave to simmer slowly for 10-15 minutes.
- 4 Meanwhile cook the pasta of your choice following the instructions on the packet, drain, add the sauce and serve.

252 calories		Per serving
Fat	LOW	3.6g
Saturates	LOW	0.2g
Sugars	LOW	5.9g
Salt	LOW	0.2g

■ HIGH
■ MEDIUM
■ LOW

Handy Hints

- Serve with salad for another portion of vegetables.
- Use wholemeal pasta for even more fibre.
- Try adding other vegetables - fresh, frozen or tinned.
- The kids will love it with grated cheese on top!
- The sauce can be blended with a hand blender for a smooth sauce whilst still keeping all the vitamins and taste.
- This sauce can be used as a base for bolognaise, meatballs, lasagne, chicken, or turkey strips.
- Make a big batch and store some in the freezer - this will give you a supply when you don't have much time.