

# INGREDIENTS Tick

- 1** tablespoon of olive oil
- 1** small onion peeled and finely diced
- 1** garlic clove crushed or teaspoon of garlic granules
- 1** can of chopped tomatoes
- 1** teaspoon of dried herbs or fresh herbs
- 1** vegetable stock cube

# Ingredients



- 125ml** of water
- 1** pepper diced
- 1** courgette diced
- 400g** dried pasta

## SERVES 4



Calories: 423

Fat: 5.4g

Carbs: 78.8g

Protein: 12g

To guide you through some of the recipes videos are available online at:

[www.loafcatering.com/video](http://www.loafcatering.com/video)



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# Tomato Pasta Sauce



RECIPE

# METHOD: Tomato Pasta Sauce

## STEP 1

Diced onion, pepper & courgette



## STEP 2

Heat the oil in the saucepan. Add the onion & garlic & cook over a low heat until soft



## STEP 3

Add the other vegetables, cook on a low heat for 5 minutes



## STEP 4

Add the tomatoes, stock, water & herbs. Bring to the boil. Simmer for 25-30 minutes. Season with salt & pepper.



## STEP 5

While sauce is simmering put pasta into boiling water & simmer for 12 minutes. When pasta is soft drain in a sieve



## STEP 6

Remove sauce from heat and blend with a hand blender for a smooth pasta sauce. Enjoy!

