



Recipes

SGF
healthy
living
programme

Tomato Pasta

V vegetarian



See reverse for full recipe

healthylivingprogramme.co.uk **f in**



Tomato Pasta

Serves 4



Ingredients

- 2 Tins (800g) Chopped or Plum Tomatoes
- 1 Medium Sized (150g) Onion
- 1 (3g) Garlic Clove or 1 Teaspoon Garlic Puree
- 1 Teaspoon (1g) Mixed Herbs
- 2 Cups (300g) Dried Pasta
- 4 Heaped tablespoons (80g) Reduced Fat Cheese (grated)
- 1 Tablespoon (10g) Vegetable Oil

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Time Saver Tips

You could make this sauce in advance and reheat it to make life easier. You could also use a ready made tomato or vegetable sauce if you're in a hurry.

Nutritional Information

Based on
a single
serving of
382g

Energy
362 kcals
1,373 kJ

Fat
3.1 g

Saturates
61.1 g

Sugar
11.3 g

Salt
0.4 g

Method

1. In a large saucepan cook the pasta according to instructions on the packet.
2. Peel and chop the onions and finely chop or crush peeled garlic.
3. Heat the oil in a medium saucepan and add onion and garlic.
4. Gently fry over medium heat until soft.
5. Add the tinned tomatoes and herbs and simmer gently for 6-8 minutes. If using plum tomatoes, chop them up using a spoon when in the pan.
6. Drain the pasta, add to the sauce and sprinkle the grated cheese on top.

SGF
**healthy
living**
programme

Recipe courtesy of
Parent Club
f in
healthylivingprogramme.co.uk