



Spiced Tomato Sauce and Pasta

In the bag:

- Onion
- Garlic
- Celery
- Carrot
- Red bell pepper
- Red chilli pepper
- Tin of tomatoes
- Spice and herb bag
- Vegetable stock cube/s
- Pasta

You'll also need:

- Chopping board
- Sharp knife
- 2 medium sized pots with lids (1 for sauce 1 for pasta)
- Wooden spoon
- Grater (optional)
- Blender (optional)

- A dash of vegetable oil
- 400ml cold water

Method:

You can finely chop or grate the vegetables for this sauce or roughly chop then blend once it's cooked.

- Prepare the vegetables: peel and chop the **onion** and **garlic** and wash and chop the **celery** and **carrot**. De-seed and chop the **chilli pepper** and the **bell pepper**
- Heat **oil** in the pot over a low heat – add the **onion** and fry gently until soft before adding the **celery** and **carrot** and cook for a further 2-3 minutes
- Add the **bell pepper**, **garlic**, **chilli** and the contents of the **spice** and **herb bag** and gently fry for a further minute or two
- Add the tins of **tomatoes**, the **stock cubes** and 400ml **water** (1 tin full) and bring to a bubble on a medium heat
- Cook for at least 30 minutes but preferably up to one hour for a rich delicious sauce
- The pasta takes 11 minutes to boil so have a big pot of salted water on ready to go at least 11 minutes before you want to eat

More about your Spiced Tomato Sauce

Tomato sauce is one of the most versatile dishes you can cook. It can be the base of many other dishes

- Pasta bake – mix together and bake in the oven topped with cheese
- Bolognaise (add meat or lentils and diced aubergine)
- Lasagne (layer pasta sheets with bolognaise and crème fraiche or béchamel sauce)
- Ratatouille (add aubergine, courgette and more peppers)
- Pizza topping
- Rogan Josh – add meat, vegetables and curry spices

This recipe makes enough for four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **pipng hot** all the way through

#TakeAndMake

#AtLeastFiveADay

#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 1 onion (or 2 small)
- 2 sticks celery
- 2 large carrots (or 3-4 small)
- 1 red bell pepper
- 2 cloves garlic
- 1 red chilli pepper
- 1 teaspoon each of paprika, turmeric, basil and oregano
- Tin of tomatoes (400g)
- Vegetable stock cubes (2 Oxo or 1 Knorr)

- 300g pasta

Make it in the slow cooker?

Slow cookers are made for sauces like this. Just put all the ingredients in the slow cooker and cook on:

- high for 3-4 hours or
- low for 5-6 hours

#SpiceNotSalt

#CookOnceEatTwice

#CommunityCooking