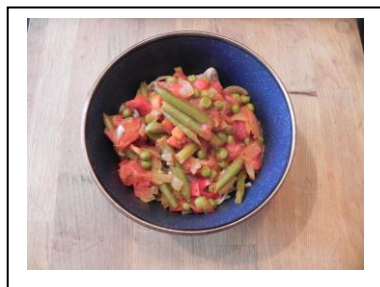


Pasta sauce with a twist.



SHOPPING LIST:

- 1 chopped onion
- 2 chopped garlic cloves
- 80g frozen peas
- 80g frozen green beans
- 80g chopped carrots
- 80g chopped red pepper
- 400g tin of tomatoes.
- 1 tablespoon tomato puree
- 2 teaspoons mixed herbs







COSTINGS: *£1.58p per meal

NUTRITIONAL INFORMATION: (just sauce)

Calories: 88 |
Carbohydrates: 14g |
Protein: 3.9g | Fat: 0.6g |
Saturated Fat: 0g | Salt:
0.04g | Fibre: 5.5g | Sugar:
11g

Preparation time:	Cook time:	Servings:
10 mins	30 mins	4

DIRECTIONS:

		
1. Measure and prepare your ingredients.	2. Heat olive oil in a pan. Add onion and garlic, allow to fry until soft.	3. Add in carrots and red peppers, allow to fry.
		
4. Add in green beans and peas.	5. Add in tinned tomatoes, tomato puree and mixed herbs. Allow to simmer together for 20 minutes.	6. When you want to eat, cook your pasta (20 minutes in a with unsalted water). Serve in a bowl with the sauce and enjoy!

This is a simple dish that contains 5 portions of fruit and vegetables! You can freeze this dish in Tupperware in your freezer, and just take it out and heat up when you want a quick pasta sauce, making it a quick meal to heat up and enjoy.

A good source of vitamin A, vitamin C, potassium, calcium, and iron. All important for our health. You can serve this dish with your favourite pasta, lasagne, or noodles. Adding some grated cheese on top provides a source of dairy too, which is in line with the Eatwell guide recommendations.