

## Easy Peasy Pasta Sauce

Great with pasta, this delicious home-made tomato sauce is so versatile. It can be made in advance and is suitable for vegetarians. It's low in fat and salt too.

Add leftover reduced-fat cooked sausages, chicken or tinned tuna to bulk up this two-person recipe to feed four. Vegetarians can experiment with whatever they have available – frozen spinach, sweetcorn, mushrooms, peppers – the choice is endless!



Use the sauce as a pizza topping. Simply sprinkle with grated reduced-fat cheese and add some of your favourite veggies.

Or pour over fish fillets and cook at 180 degrees for 15-20 minutes and serve with steamed vegetables.

Recipe for two;

### Ingredients

- Vegetable oil (small amount)
- Small onion or shallot (finely chopped)
- 2 cloves garlic (crushed)
- Teaspoon of dried mixed herbs, oregano or basil
- 1 400 gram tin of tomatoes (plus tin full of water)
- 2 tbsp tomato puree
- De-seeded chilli (finely chopped - optional)
- Cup of frozen peas
- 210g pasta



### Method

1. Heat the oil in a pan. Cook the onion on a medium heat until soft.
2. Turn the heat down a little. Add the garlic and chilli (if using) and cook for a further minute.
3. Add the tin of chopped tomatoes, a can full of water, tomato puree and dried herbs.
4. Add the tinned anchovies (if using) and frozen peas and simmer gently for 15 minutes until the sauce thickens.
5. Meanwhile cook the pasta according to packet instructions, drain (reserving some of the pasta water).
6. Add the cooked pasta to the sauce and loosen with the pasta water if needed.