



## QUICK & EASY TOMATO VEGETABLE PASTA

-  **Prep: 10 minutes**
-  **Cook: 20-25 minutes**
-  **Serves: 4**

### INGREDIENTS:

- 1 tbsp oil
- 1 onion, diced (200g)
- 1 courgette, diced (300g)
- 1 red pepper, diced (180g)
- 2 cloves garlic, chopped
- 2 x 400g cans chopped tomatoes
- 50g tomato purée
- 1 tsp caster sugar
- 1 tsp LoSalt
- 25g pack basil, shredded
- 300g tagliatelle

### METHOD:

1. Heat the oil in a large saucepan and fry the onion for 2-3 minutes. Add the courgette, pepper and garlic and fry for a further 3 minutes. Stir in the chopped tomatoes, tomato purée, sugar and LoSalt. Bring to the boil, cover and simmer for 15 minutes until thickened slightly. Stir in the basil.
2. Meanwhile, cook the pasta in boiling water according to pack instructions, until just tender. Drain and stir into the sauce.

Each serving contains



of your guideline daily amount

### COOKS TIP:

Try adding ham or prawns to the sauce or add a tsp of chilli powder when frying the vegetables for extra heat.