

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S HEALTHY PASTA SAUCE

 **Prep: 5 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

INGREDIENTS:

- 300g frozen sliced peppers
- 300g frozen sliced red onions
- 50g frozen chopped garlic
- Slurp extra virgin olive oil
- 10-12 Cherry tomatoes, halved
- 1 x 400g tin chopped tomatoes
- Sprinkle **LoSalt**
- Freshly ground black pepper
- 1 tablespoon balsamic vinegar
- 1 tablespoon dried Italian Seasoning
- Handful fresh chopped parsley

METHOD:

1. In a large non-stick, lidded frying pan, over a medium heat, add a good slurp of olive oil and the frozen vegetables and garlic.
2. Sauté for 10 mins.
3. Next add the cherry tomatoes and tinned tomatoes along with a sprinkle of **LoSalt** and black pepper, balsamic vinegar, dried Italian herbs and the chopped fresh parsley.
4. Simmer with the lid on for 20 mins.
5. Serve with pasta or rice or as a base for chicken or fish dishes.