

Serves **2** Tomato Pasta Sauce

Ingredients

1 tsp Rapeseed or olive oil	1 onion, finely chopped
1 Garlic Clove, finely chopped	2Tbsp Tomato puree
400g tinned chopped tomatoes	1Tsp dried mixed herbs
Ground black pepper	150g dried pasta (wholemeal if possible).

Method

- 1 Heat the oil in a large saucepan and gently cook the onion for around 5 minutes, until softened, add the garlic and cook for a further minute.

TIP: This is a basic sauce recipe, but you can add lots of ingredients to make different sauces from this: add vegetables like courgette, aubergine, peppers, spinach.

If you like spice, then why not add a sprinkle of chilli flakes in with the garlic, or you can choose fresh herbs basil, oregano and rosemary would work well and by flavouring with herbs you will need to add less salt, which makes it even healthier.

- 2 Add the tomato puree and herbs and mix to combine, season with pepper.
- 3 Add the tin chopped tomatoes and bring to a gentle simmer. Cook gently for 10-15 minutes, stirring occasionally
- 4 When ready, cook the pasta according the packet instructions and mix through the sauce.
- 5 Serve and enjoy! Add a side salad to make this dish balanced and increase your 5 a day!

TIP: You can make the sauce in advance or make double the quantity and freeze in batches. Just remember to thaw it fully and make sure it's steaming hot before serving.