

Tomato Pasta

Ingredients

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| 75g pasta | 1 mushroom |
| 50g sweetcorn | ½ red pepper |
| 25g grated cheese | Pinch of mixed herbs |
| 5ml garlic puree | 15ml tomato puree |
| 100ml chopped tomatoes | Vegetable stock |

Method

1. Put on the kettle.
2. Slice the mushroom and chop the pepper.
3. Half fill a pan with the boiling water from the kettle. Add pasta and simmer for 12 – 15 minutes until just soft or al dente.
4. Heat oil in another pan and fry garlic puree and mushrooms for 3 minutes.
5. Mix in sweetcorn and pepper.
6. Add tinned tomatoes, stock, mixed herbs and tomato puree. Simmer for 15 minutes.
7. Drain the pasta and add to the tomato mixture. Mix well and spoon into your container. Sprinkle with grated cheese.

This recipe helps to meet the following Scottish Dietary Targets –

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| Eat more fruit and vegetables. |
| Eat more total complex carbohydrates. |
| Eat less salt. |