

Tomato Sauce & Pasta

The ingredients provided will make 3-6 portions of pasta and sauce, depending on your child's age and activity levels. Store your extra sauce in the fridge for up to 3 days. You can cook the pasta from fresh each time.

Ingredients Provided

1 onion
1 margarine portion
1 tin chopped tomatoes
50g tomato puree
1 carrot (you can leave out the carrot if you prefer)
Add 150ml of cold water

Optional Ingredients

Salt and pepper to season
Dried herbs and pureed garlic

Directions

- Peel and chop your onion into small pieces, being careful not to cut your fingers.
- Wash, peel and grate your carrot.
- Gently heat a pack of your margarine in a frying pan.
- Add the diced onion and fry gently until the onion is soft and golden.
- Add the grated carrot and continue to fry gently.
- Add in your chopped tomatoes, tomato puree and water, and simmer gently for 15-20 minutes until the chopped tomatoes break down, and the sauce is smooth.
- Cook your pasta in a pan of boiling water for approximately 8-12 minutes, until al dente, and combine with the sauce.

Serve with diced or sliced boiled carrots and sweetcorn. The recommended portion size to ensure children receive the energy and nutrients they need is 40-80g / 1-3 tablespoons. A 'handy' tip to remember - roughly the amount that can fit in the palm of your hand.

FOOD FACT

Tomatoes are one of the most popular fruits in the world. Wait! A fruit? Yes, that's right. Whilst people often consider tomatoes to be a vegetable, they are a fruit. The reason they are a fruit is because they have seeds inside of them like apples, oranges, lemons and all other types of fruit.