



Pasta with Tomato Sauce

(and Undercover Vegetables)



Trick your little ones into eating more veg with this super-healthy pasta recipe, which counts as five of their five-a-day. If they don't like pasta, it's just as tasty made with rice!

Ingredients (makes 4 servings)

1 tsp olive oil
1 large onion, chopped
2 celery sticks, chopped
2 carrots, chopped
1 large courgette, chopped
2 peppers, deseeded and chopped
2 x 400g cans chopped tomatoes
1 tbsp each caster sugar and balsamic vinegar
300g dried pasta shapes (or wholegrain rice)
Parmesan, shaved (optional)

Instructions

Heat the oil in a large saucepan and gently cook the onion, celery, carrots and courgette for about 20 minutes, until they're soft. Add the peppers and cook for 10 minutes more, then tip in the tomatoes, sugar and vinegar. Simmer for at least 20 minutes.

Cook the pasta following pack instructions. Then (to hide the evidence) blitz the sauce with a hand blender until smooth, season and return to the heat to keep warm while the pasta (or rice) cooks. Drain the pasta and toss through the sauce. Serve in bowls topped with shaved Parmesan.