



# Happy Cooking, Healthy Living

Follow the link for more helpful information:

 <https://www.nhsggc.scot/your-health/public-health-nutrition/>

## Pasta with Vegetable Sauce

### Ingredients (Serves 2)

- 500ml boiling water
- 100g wholemeal or brown pasta
- Selection of vegetables, such as mushrooms, peas, carrots or whatever vegetables you have
- 400g tin chopped tomatoes
- 1 small onion, chopped
- Optional: 1 garlic clove, chopped
- 1 tsp mixed herbs

### Equipment Needed

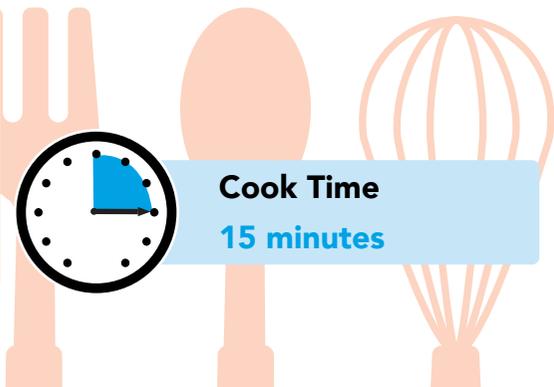
- Chopping board
- Sharp knife
- Tin opener
- Peeler (if applicable)
- Teaspoon
- Large microwaveable container or bowl x2
- Wooden spoon
- Plate or alternative for covering bowl
- Sieve

### Tip

Blend sauce for a smooth consistency. This can also be used as a base for other tomato-based sauces such as Bolognese, lasagne or pizza sauce.



**Cook Time**  
**15 minutes**



## Method

1. Weigh pasta into a large microwaveable container and pour over 500ml boiling water or enough to cover 1 inch above the pasta.
2. Cover, leaving space for ventilation and microwave on HIGH (800W) for 5 minutes.
3. Remove. Stand for 2 minutes, drain and set aside.
4. Meanwhile wash and chop the vegetables.
5. Place vegetables into a different microwaveable container. Add chopped tomatoes and mixed herbs. Stir.
6. Cover, leaving space for ventilation and microwave on HIGH (800W) for 4 minutes.
7. Remove from microwave. Stir, then cover.
8. Microwave on HIGH (800W) for further 4 minutes.



### **Allergy Information:**

Recipe contains gluten