

## Tomato Pasta

Preparation: 5 minutes / Cooking time: 15 Minutes  
Serves 4, costs under £2

### Ingredients

- 2 tins chopped tomatoes (800g)
- 1 carrot (80-90g)
- 1 onion (150g) (Medium Sized)
- 1 garlic clove (3g)
- 1 teaspoon mixed herbs (1g)
- 1 tablespoon vegetable oil (10g)
- 300g pasta

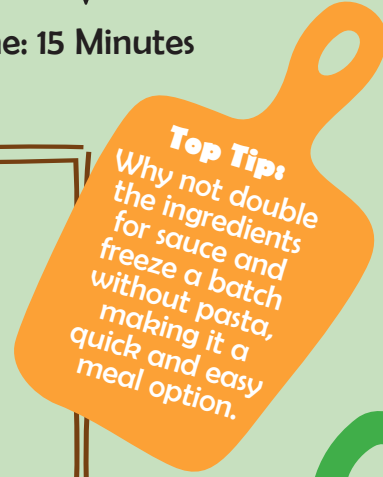
### Method

1. In a large saucepan cook the pasta according to instructions on the packet and drain once cooked.
2. Peel and dice the onions.
3. Chop or crush the peeled garlic.
4. Finely grate the carrot.
5. Heat the oil in a saucepan and add onion and garlic.
6. Lightly fry over medium heat for a minute and then add the carrot. Cook until soft.
7. Add the tinned tomatoes and herbs and simmer gently for 8 minutes.
8. Add the drained pasta to the sauce and mix in well.
9. Serve with crusty bread and salad.

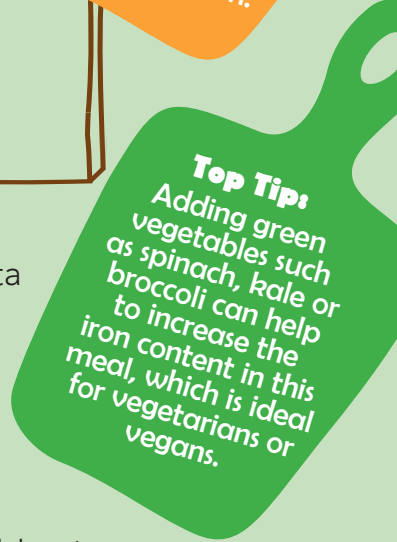
*Allergy Disclaimer: Always check the label of each ingredient for allergen information.*



**Easy  
Peasy  
Cook!**



**Top Tip:**  
Why not double the ingredients for sauce and freeze a batch without pasta, making it a quick and easy meal option.



**Top Tip:**  
Adding green vegetables such as spinach, kale or broccoli can help to increase the iron content in this meal, which is ideal for vegetarians or vegans.