

Better Choices

EASE BACK INTO THE SCHOOL YEAR WITH THIS HEALTHY RECIPE FROM CLAUDINE



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PASTA À LA THERE ARE NO BITS IN IT

Ingredients

- 2 x tbsp. olive oil
- 1 x small onion chopped
- 1 x clove of garlic crushed
- 1 x red pepper diced
- 1 x grated courgette
- 1 x grated carrot
- 1 x half head of broccoli grated
- Salt and pepper
- 1 tsp x basil (or handful of fresh)
- 1 x tin chopped tomatoes

Grown Up Secret

You can add as many types of veggies you think you can get away with!



Method

1. Heat the oil in a medium size saucepan over a medium high heat.
2. Add the onion, garlic and red pepper and cook until they just go soft and translucent.
3. Add the rest of the veg, season and add the basil. Cook for 5 mins.
4. Add the tin of chopped tomatoes and reduce the heat to slow simmer.
5. Cook for 15 minutes.
6. Transfer the sauce to a food processor and blend until smooth (or use a hand blender in the pot).

This can then be added to cooked pasta and served as is, with some cheese on top or alternatively added to cooked meatballs or chicken before adding the pasta! (It can also be used as a pizza sauce and freezes really well too!)