

VEGETABLE PASTA SAUCE - THERMOMIX



Traffic light category: **Green**

Serves: 2 litres

Ingredients

- 1 medium brown onion, peeled and quartered
- 3 garlic cloves
- 1 tablespoon olive oil
- 1 carrot, roughly chopped
- 120g pumpkin flesh, roughly chopped
- 1.5 zucchini, roughly chopped
- 80g button mushrooms, halved
- 1 red capsicum, roughly chopped
- 4 tomatoes, quartered
- 1 tablespoon salt reduced vegetable stock powder
- 1 tablespoon salt reduced tomato paste
- 400g canned chopped tomatoes
- 3 sprigs mixed fresh herbs, leaves only

Method

1. Place onion and garlic in mixing bowl and chop 3 sec/speed 7
2. Scrape down the sides of mixing bowl and add oil, sauté 2 min/100C/speed 2
3. Add carrot, pumpkin, zucchini, mushrooms chop 5-10 sec/speed 7, Scrape down the sides
4. Add capsicum and tomatoes and chop 5sec/speed 7, repeat if necessary
5. Add tomato paste, canned tomatoes and stock.
6. Cook 25min/100C/speed 2 with MC removed and simmering basket on lid
7. Add fresh herbs, replace MC, and blend 1min/speed 7, gradually increasing the speed from speed 1 to speed 7
8. Serve with pasta of your choice.

Recipe adapted with permission from the Western Australian School Canteen Association Inc.

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