

Penne Pasta in Tomato Sauce

Allergens – **Gluten**

Ingredients

Quantity	Ingredient
500g	Penne Pasta (Quills) (contains Wheat)
1.5Kg	Chopped Tomatoes (tinned)
500g	Onions (diced)
500g	Red Peppers (fresh & diced)
150g	Tomato Puree
30g	Sugar Granulated
10g	Garlic Purée
50g	Fresh Basil



Method

1. Boil the pasta until 'al dente', drain and rinse.
2. Soften onions and peppers in a pan.
3. Add all other ingredients except basil.
4. Cook until onions and peppers are soft.
5. Add cooked pasta and combine all ingredients.
6. Stir in chopped basil.
7. Serve as required.

Nutritional Content per 180g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
=131.5	= 0.7	= 0.1	= 8.0	= 0.2	= 26.2

Portion size - Primary – 180g

Reviewed March 2019