

Cooking our way out of the Lockdown Blues

Welcome to our third edition of Hints, Tips and Recipes.

This week we have some more recipes for you to try at home. We have a simple tomato sauce, but it is packed full of hidden vegetables. You can choose any vegetables you have and below are the vegetables we have chosen. A great way to sneak in some extra nutrients to your children's meals.

You could make a batch of this sauce and keep some in the fridge for a few days and freeze the rest. It will keep for 4 months in the freezer.

There is so much you can do with this sauce. It is great on pizzas, in pasta dishes or even as a base for soup.

Tasty Tomato Sauce - Serves 4



Always check the label of each ingredient for allergen information.

Ingredients

- 1 tbsp oil
- 1 medium onion, finely diced
- 1 garlic clove, crushed
- 1 pepper, finely diced
- 1 medium carrot, grated
- 1 celery stick, finely diced
- 1 courgette, grated
- 1 pepper, finely diced
- 1 tbsp tomato puree
- 2 x 400g tin of chopped tomatoes
- 1tsp dried mixed herbs
- Salt and pepper to taste



Method

1. Heat the oil in a saucepan and add the onions and lightly fry for 2-3 minutes. Add the garlic and fry for another minute before adding the carrots, celery, courgette and pepper.
2. Add the tomato puree and cook for another minute.
3. Pour in the tinned tomatoes, mixed herbs and stir well. Bring to the boil and put the lid on.
4. Simmer on a medium heat for about 20 minutes or until the vegetables are soft. If the sauce is too thick add some vegetable stock.
5. Remove from the heat and blitz either with a hand blender or in an upright blender until smooth.
6. Allow the sauce to cool a little then pour the sauce into jars, containers or freezer bags and allow to cool completely before refrigerating or freezing

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Scone Pizza - Serves 4

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- 175g plain flour
- 1 teaspoon baking powder
- 85g margarine
- 100mls water to mix
- 2–3 tbsp of Tasty Tomato Sauce
- 175g grated cheddar and mozzarella cheese



Method

1. Rub together the flour, baking powder and margarine until fine breadcrumbs are formed.
2. Add the water gradually until the mixture resembles a soft dough.
3. On a floured surface, pat out the dough until 1 cm deep. You can make one large pizza or cut them into individual shapes
4. Lift the dough onto a floured baking sheet or pizza tray.
5. Smooth the Tasty Tomato Sauce over the base with a spoon and scatter with cheese. You can add any other toppings of your choice but don't overload it or the base will be soggy!
6. Cook in a pre-heated oven 220C/fan 200C/gas 7 for 10 to 15 minutes until golden brown and cooked through.

Children can have great fun decorating the pizza with toppings. Try ham, sweetcorn, peppers, cherry tomatoes, red onion or..... whatever you like!

Here's another recipe using the Tasty Tomato Sauce

Penne Pasta in a Tasty Tomato Sauce..... a big favourite with the children - Serves 4

Ingredients

- 400g penne pasta
- Tasty Tomato Sauce, to coat
- 10g basil, fresh or dried



Method

1. Cook the pasta according to the package instructions in a large pan of boiling water.
2. Heat the tasty tomato sauce in another pan.
3. When the pasta is cooked drain it and add to the hot tasty tomato sauce and gently mix.
4. Stir in the basil.
5. Serve immediately with some garlic bread and a sprinkling of grated cheese, if you like.

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