

## Fusilli with Tomato, Vegetable and Lentil Sauce

Serves 10

Ingredients	
15ml sunflower oil	400g cans chopped tomatoes
1 large (150g) onion chopped	2 tbsp (30ml) tomato puree
2 (60g) celery sticks, washed and finely chopped	Pinch dried mixed herbs
1 (6g) clove garlic, crushed	4 tbsp (60g) cream cheese
2 (240g) courgettes, grated	450g dried fusilli
1 x 400g canned lentils (in unsalted water)	100g strong cheddar cheese, grated

- METHOD:
- Gently heat the sunflower oil in a saucepan and fry the onion, celery and garlic until soft.
- Add the grated courgette and drained lentils and cook for 5 minutes.
- Add the tomatoes, tomato puree and herbs. Bring to the boil and simmer for 10 minutes.
- Stir in the cream cheese until melted.
- Serve the sauce over cooked pasta bows and top with grated cheese



- ✓ COOK'S TIP - the sauce can be made in larger quantities and frozen. For puree diets, make a courgette and lentil puree.
- ✓ FOR WHEAT FREE DIETS, USE GLUTEN FREE PASTA, RICE
- ✓ FOR VEGETARIAN DIETS USE VEGETARIAN CHEESE
- ✓ FOR DAIRY FREE DIETS, USE DAIRY FREE CREAM CHEESE
- ✓ FOR EGG FREE DIETS USE BUITONI OR ASDA OWN BRAND PASTA ONLY

### Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
286	6	9	22.5	0.7	0.1	1.2	59