

Pasta with Green Vegetable Sauce

Serves 10

Ingredients	
400g pasta	1 kallo very low salt vegetable stock cube
800g Broccoli (Cut into small florets)	1 tbs olive oil
2 cloves (12g) of garlic, finely chopped	270g silken tofu or cream cheese with garlic & herbs
1 onion (100g) finely chopped	1 tsp dried dill

- METHOD:
- Cook broccoli until quite soft, strain but reserve some of the water
- Fry onion and garlic in olive oil until softened
- Liquidise tofu
- Liquidise broccoli and some of the water to get a smooth veg puree
- Dissolve stock cube and add to veg puree
- Mix tofu, veg puree with the onion and garlic mixture then heat
- Cook pasta and add sauce mix together (Add some reserved pasta water if it needs more liquid)



- ✓ FOR WHEAT FREE DIETS SERVE WHEAT FREE PASTA
- ✓ FOR DAIRY FREE DIETS SERVE DAIRY FREE MELTING CHEESE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
269	18	9	24	7	0.6	0.4	389