**PASTA WITH HIDDEN VEGETABLE SAUCE**

**ADAPTED FROM BBC GOOD FOOD**

**INGREDIENTS**

- Serves 4
- 1 tsp olive oil
- 1 large onion, chopped
- 2 celery sticks, chopped
- 1 leek, chopped
- 2 peppers, chopped
- 2 x 400g cans chopped tomatoes
- 2 garlic cloves
- 1 tbsp caster sugar
- 1 tbsp balsamic vinegar
- 300g dried pasta

**METHOD**

1. Heat the oil in a large non-stick saucepan and gently cook the onion, celery, carrots and leek until soft, about 20 mins. Add the peppers and garlic and cook for 10 minutes more, then tip in the tomatoes, sugar and vinegar. Simmer for at least 20 minutes - the longer the better.

2. Cook the pasta following the pack instructions. Meanwhile, blitz the sauce with a hand blender until smooth, season and return to the heat to keep warm. Drain the pasta and toss through the sauce. Serve in bowls topped with shaved parmesan and rocket leaves.

**CONTAINS 3 OF YOUR 5 A DAY!**

**FREEZE ME**

Once simmered, let the sauce cool to room temperature then transfer to a container and freeze ready.

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