



TOMATO & BASIL SAUCE

Main meal sauce: This recipe provides a portion of vegetables. This dish is categorised as a composite dish so does not counts towards meeting the standards to provide a portion of vegetables as an accompaniment for each pupil at lunch.

Recipe adapted from: St Anne's Academy, Manchester

Ingredients

1kg onions, peeled and chopped
50g celery, chopped
250g carrots, peeled and chopped
500g leeks, peeled and chopped
500g tomato paste
10kg canned chopped tomatoes
150g spinach, washed
25g fresh basil, chopped
1.5g (1tsp) black pepper

Method

1. Put all the chopped vegetables into a very large pan and cook gently without colouring.
2. Add tomato paste and stir.
3. Add chopped tomatoes.
4. Bring to a gentle simmer for 15 minutes.
5. Add spinach and basil and then liquidizer the sauce with a stick blender.
6. Add black pepper and serve.

Serving suggestion: In pasta pots with pulses, lasagne, bolognaises or pizza topping.



Number of portions this recipe makes:

125 primary servings (100g)
85 secondary servings (145g)



Prep: 10 minutes
Cook: 15 minutes



Allergy information:

Celery



Top Tips

Do not boil the sauce, as it ruins the flavour.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.