



POPEYE PIZZA SAUCE

Main meal - sauce: This recipe provides a portion of vegetables.

Recipe adapted from: ISS Education

Ingredients

80g red lentils
4ml vegetable oil
40g onion, peeled, and finely chopped
20g garlic, peeled, finely chopped
800g canned, chopped tomatoes
120g tomato purée
1.6g ground black pepper
400ml water

Method

1. Cook the lentils as per the manufacturer's instructions.
2. Heat the oil in a large pan over a medium heat, then add the onions and fry for 5 minutes, then add the garlic.
3. Fry for a further minute, then add the tomatoes, tomato purée and pepper.
4. Add the lentils and water. Stir well and bring to the boil.
5. Reduce the heat and simmer for 45 minutes.
6. Puree mixture with a blender.
7. The sauce is now ready to be used as required.

Serving suggestion: use to top any pizza/bread base or as a pasta sauce.



Number of portions this recipe makes:

24 primary servings (70g)
20 secondary servings (80g)



Prep: 10 minutes
Cook: 50 minutes



Allergy information:

None



Top Tips

Add some spices to the sauce, spread over a naan bread, top with paneer and bake.

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.

For this recipe: choose oils based on unsaturated fats.