

One planet sauce

Ingredients makes 10 200g batches

- 1 x 15ml (tablespoon) vegetable oil
- 2 red onions, peeled and diced
- 2-3 cloves garlic, finely diced or crushed
- 2 medium carrots, peeled and grated
- 2 courgettes, ends removed and grated
- 2 red peppers, deseeded and finely diced
- 8 fresh tomatoes (approx 800g), diced
- 1 x 400g can chopped tomatoes
- Salt and freshly ground black pepper
- 1 x 10ml spoon vegetable bouillon powder
- a handful of fresh basil leaves, finely chopped (optional)



Method

For a textured sauce prepare the veg in a small dice and use a grater. If you like a smooth finish, chop the veg into rougher chunks and blend the finished sauce with an electric hand blender.

1. Heat the oil in a large saucepan and add the onions and garlic. Cook for 2 minutes over a medium heat. Add the lid and cook gently for 2 minutes.
2. Add the carrots, courgettes and peppers. Cook covered for 5 minutes, stirring occasionally.
3. Put in the fresh and canned tomatoes. Fill the can with water and pour in.
4. Add the bouillon and basil if using, then season. Bring to the boil, then simmer for 15 minutes.
5. For a smooth sauce, process with an electric hand blender.

This recipe makes ten 200g portions: enough base to make 10 different meals. To keep the sauce, chill when cool and refrigerate, or freeze, in portions. If your fridge is at the correct temperature of 1 - 4°C it will keep for 5 days.

At the great Thursday market you can buy all the fresh vegetables you need for this versatile sauce. Each 200g portion contains 2 of your 5 a day and ensures you get lots of vitamins and minerals in your diet. By staying away from commercial sauces you can control your salt, fat and sugar intake.

CREAMY TOMATO SOUP

Extra ingredients: 1 x 200g portion sauce • 1 x 10ml spoon of tomato puree • 75ml milk or veg stock • cream, pesto and/or toast croutons (optional)

1. Heat the sauce with the tomato puree and milk or stock.
2. Garnish with cream, pesto or coutons if you want to dress it up a bit.

CHICKPEA CURRY

Extra ingredients: 1 x 10ml spoon vegetable oil or butter • 1 clove garlic, peeled and crushed • 1 x 400g can chickpeas, drained • 3cm fresh ginger, peeled and grated • 1 x 10ml spoon curry powder • 1 x 200g portion sauce • 25g creamed coconut • fresh coriander

1. Stir-fry the ginger and garlic in the oil.
2. Stir in the curry powder and add the sauce, chickpeas and coconut.
3. Simmer for 5 minutes until the coconut melts. Garnish with coriander.

PASTA PUTTANESCA

Extra ingredients: 1 x 200g portion sauce • 1 x 10ml spoon of tomato puree • 75ml milk or veg stock • cream, pesto and/or toast croutons (optional)

1. Heat the sauce with the tomato puree and milk or stock.
2. Garnish with cream, pesto or coutons if you want to dress it up a bit.

SPICED CHICKEN COUSCOUS

Extra ingredients: 1 x 200g portion sauce • 1 x 10ml spoon of tomato puree • 75ml milk or veg stock • cream, pesto and/or toast croutons (optional)

1. Heat the sauce with the tomato puree and milk or stock.
2. Garnish with cream, pesto or coutons if you want to dress it up a bit.

PASTA PUTTANESCA

Extra ingredients: 1 x 200g portion sauce • 1 x 10ml spoon of tomato puree • 75ml milk or veg stock • cream, pesto

MEATBALLS SPAGHETTI

Extra ingredients: 1 x 200g portion sauce • 1 x 10ml spoon of tomato puree • 75ml milk or veg stock • cream, pesto and/or toast croutons (optional)

1. Heat the sauce with the tomato puree and milk or stock.
2. Garnish with cream, pesto or coutons if you want to dress it up a bit.

MUSHROOM PASTA

Extra ingredients: 1 x 10ml spoon vegetable oil or butter • 1 clove garlic, peeled and crushed • 1 x 400g can chickpeas, drained • 3cm fresh ginger, peeled and grated • 1 x 10ml spoon curry powder • 1 x 200g portion sauce • 25g creamed coconut • fresh coriander

1. Stir-fry the ginger and garlic in the oil for 1 minute.
2. Stir in the curry powder and add the sauce, chickpeas and coconut.
3. Simmer for 5 minutes until the coconut melts. Garnish with coriander. Serve with mango chutney **and rice?**

MUSSELS IN TOMATO SAUCE

Extra ingredients: 1 x 200g portion sauce • 1 x 10ml spoon of tomato puree • 75ml milk or veg stock • cream, pesto and/or toast croutons (optional)

1. Heat the sauce with the tomato puree and milk or stock.
2. Garnish with cream, pesto or coutons if you want to dress it up a bit.

QUORN GOULASH

Extra ingredients: 1 x 10ml spoon vegetable oil or butter • 1 clove garlic, peeled and crushed • 1 x 400g can chickpeas, drained • 3cm fresh ginger, peeled and grated • 1 x 10ml spoon curry powder • 1 x 200g portion sauce • 25g creamed coconut • fresh coriander

1. Stir-fry the ginger and garlic in the oil for 1 minute.
2. Stir in the curry powder and add the sauce, chickpeas and coconut.