

VEGETABLE PASTA SAUCE



Prep and cook time: 40 minutes

Ingredients

- 2 teaspoons olive oil
- 1 onion, finely diced
- 1 clove garlic, minced
- 1 red capsicum, finely diced
- 1 can crushed tomatoes (no added salt)
- 50g ham, diced
- 2 carrots, grated
- 2 zucchinis, grated

Lunchbox tip: remember to always pack an ice brick when packing ham in the lunchbox

Method

1. Heat olive oil over medium heat in a medium sized non-stick saucepan.
2. Add onion and garlic. Cook until translucent.
3. Add capsicum, tomatoes, ham, carrots and zucchini.
4. Cook for 15 minutes or until the sauce has thickened. Stir occasionally.
5. Serve with the pasta of your choice.

