

Spaghetti with Tomato & Basil Sauce

Ingredients

Low protein spaghetti as required

1 tablespoon of oil

1 teaspoon of salt

Sauce

1 tablespoon of olive oil

1 garlic clove, crushed

400g can chopped tomatoes

½ stock cube, crumbled

1 tablespoon of tomato purée

1 teaspoon of sugar

Few basil leaves

Low protein spaghetti

Method

1. Three quarters fill a large saucepan with water. Bring to the boil and add the low protein spaghetti, oil and sauce to the saucepan. Return to the boil stirring. Reduce the heat slightly and cook on a slow boil for 10 minutes, stir occasionally to prevent the pasta sticking together. When the pasta is cooked, drain well.
2. Meanwhile, to make the sauce, heat the oil in a pan, add the garlic, and then gently fry for 1 minute.
3. Tip in all the other ingredients, except the basil, and then bring to the boil.
4. Reduce the heat, then simmer uncovered for 5 minutes, stirring occasionally.
5. To finish, tear the basil leaves, then stir into the sauce.

Note

Spicy Arrabiata: Use 2 garlic cloves and add a good pinch each chilli flakes and dried oregano. Stir in 1 teaspoon balsamic vinegar to serve.

Sweet Spiced Moroccan: Omit the basil and add 2 teaspoons honey and ½ teaspoon each ground cinnamon and coriander instead of the sugar. Try it with low protein couscous instead of low protein spaghetti.