

Creamy Tomatoey Pasta

Serves 4

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Ingredients

6 large tomatoes
½ a white onion
1 clove of garlic
½ tub Violife Creamy
1 tbsp tomato puree
Basil
Salt
Olive Oil



Method

Roughly chop up your tomatoes, garlic and onion.

Place on a baking tray and drizzle with olive oil. Sprinkle some basil and salt on top.

Roast in the oven at 180 degrees Celsius for 40 minutes until the tomatoes and onion are nice and soft.

4. When cooked, throw into a blender alongside ½ a tub of Violife Creamy and tomato puree. Blitz until a smooth sauce is formed.

5. Boil the 4 portions of low protein pasta according to pack and divide into 100g servings.

6. Add the sauce and mix altogether and enjoy!

Ps. Sons of Butchers Grated cheese goes great with this dish!

