

# kids dino tomato pasta



serves 4 (kids) + a double batch of sauce

## ingredients:

2 Tbsp olive oil\*  
1 onion, diced  
2 cloves garlic, diced  
1 carrot, diced small  
1 capsicum, diced small  
1 zucchini, diced small  
1 tsp dried basil  
½ tsp ground cumin  
700g tomato passata  
1 Tsp veggie broth powder  
½ C hot water  
Salt & pepper, to taste  
2 C kids dino pasta

\*Item not available online but is available in your local GoodFor store.

## method:

Add olive oil to a pan and heat over medium heat. Add the onion, garlic and carrot and fry for a few minutes. Add the capsicum, zucchini, basil and cumin and fry until softened.

Add the tomato passata to the pan and let simmer while you mix the hot water and veggie broth powder in a separate cup. Once dissolved, add this to the pan and stir. Season with salt and pepper to taste. Turn the heat off and leave pan off the heat for a minutes to slightly cool.

Bring a pot of salted water to the boil and cook the pasta for approximately 7-8 minutes.

Carefully add the pan mixture into a high powered blender or food processor and process until smooth.

Once the pasta is cooked, drain then add into the pan with half of the smooth mixture from the blender and combine. There should be enough sauce for two lots so you can freeze half of it for next time.

