

Vegetable Pasta Sauce - Thermomix

Adapted from Jenny Hanna Thermomix Consultant, WASCA cooking class 2017

Traffic light category: Green

Serves: 2 litres

Ingredients

- 1 medium brown onion, peeled and quartered
- 3 garlic cloves
- 1 tablespoon olive oil
- 1 carrot, roughly chopped
- 120g pumpkin flesh, roughly chopped
- 1.5 zucchini, roughly chopped
- 80g button mushrooms, halved
- 1 red capsicum, roughly chopped
- 4 tomatoes, quartered
- 1 tablespoon Vegetable stock paste, from Basic Cookbook
- 1 tablespoon tomato paste
- 400g canned chopped tomatoes
- 3 sprigs mixed fresh herbs, leaves only

Method

1. Place onion and garlic in mixing bowl and chop 3 sec/speed 7
2. Scrape down the sides of mixing bowl and add oil, saute' 2 min/100C/speed 2
3. Add carrot, pumpkin, zucchini, mushrooms chop 5-10sec/speed7, Scrape down the sides
4. Add capsicum and tomatoes and chop 5sec/speed7, repeat if necessary
5. Add tomato paste, canned tomatoes and stock. Cook 25min/100C/speed2 with MC removed and simmering basket on lid
6. Add fresh herbs, replace MC, and blend 1min/speed 7, gradually increasing the speed from speed 1 to speed 7
7. Serve with pasta of your choice.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	130kJ	139kJ
Protein	1.3g	1.4g
Total fat	1.1g	1.1g
Saturated fat	0.14g	0.15g
Carbohydrate	3.04g	3.2g
Sugars	2.8g	3.04g
Dietary fibre	1.6g	1.7g
Sodium	22mg	24mg



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