



HEALTHYFOOD  
STUDIO

# Rich tomato-basil spaghetti

## WITH PARMESAN AND CRUNCHY SUGAR SNAP PEAS

### INGREDIENTS

#### FOR THE SAUCE

|      |                              |
|------|------------------------------|
| 1kg  | Tinned tomatoes, chopped     |
| 2    | Cloves of garlic, crushed    |
| 120g | Onion, finely chopped        |
| 120g | Carrot, finely chopped       |
| 120g | Celery stick, finely chopped |
| 20ml | Olive oil                    |
| 1    | Bay leaf                     |
|      | Pinch salt                   |
|      | Pinch sugar                  |
| 10ml | Tomato paste                 |
| 5    | Sprigs fresh basil leaves    |

#### FOR PRESENTING

|      |                              |
|------|------------------------------|
| 250g | Whole wheat spaghetti cooked |
| 40g  | Sugar snap peas, blanched    |
| 15g  | Parmesan shavings            |
| 3    | Sprigs of basil              |

### METHOD

#### FOR THE SAUCE

- 01 Heat the oil and add the garlic, onion, carrot and celery and sauté gently until translucent.
- 02 Add the tomato paste and cook for 1 minute.
- 03 Add the tinned tomato, bay leaf, salt and sugar and simmer for about 1 hour.
- 04 Remove the bay leaf and puree with a blender, but do not make it too smooth.
- 05 Tear basil leaves into the sauce, and Check seasoning.

#### TO COMPLETE YOUR DISH

- 01 Re-Heat the Basil tomato sauce into a large pan, once boiling reduce the heat to a simmer
- 02 Add your spaghetti and coat the pasta with the sauce
- 03 Transfer to your serving dish and crown with extra basil tomato sauce.
- 04 To finish off add the sugar snap peas, parmesan shavings and basil