



RESCUING FOOD • NOURISHING COMMUNITIES



## RECIPE CARD



Recipes developed in conjunction with  
the University of Otago Human Nutrition Department

# TOMATO PASTA BAKE

SERVES 4-5



## INGREDIENTS

- 500g Pasta
- Salt

### ***Tomato Sauce Ingredients:***

- 400g tomatoes fresh or canned
- 200ml water
- 1 diced onion
- 1 tsp sugar
- ¼ tsp salt
- Pinch pepper
- 1 tsp of oregano, thyme, marjoram or 1 whole bayleaf.
- ½ green pepper, diced (optional)
- 1 Tbsp vinegar (optional)
- 2 Tbsp tomato paste (optional)
- ½ cup grated cheese

### ***Frozen vegetables. Any combination of:***

- Corn
- Peas
- Mixed vegetables

## METHOD

1. Pre-heat oven to 180°C on Bake setting.
2. Fill large pot with water and bring to the boil. Add pasta and 1 tsp salt. Cook until pasta is al dente (firm to bite but not soft) - about 8-12 minutes. Drain pasta and place in the bottom of a large baking dish.
3. While pasta is cooking, prepare sauce. Combine all sauce ingredients in a pot or frying pan; simmer for 30 minutes; stir often. Set aside.
4. Add 1 cup of frozen vegetables to pasta in baking dish. Mix using a large spoon.
5. Pour sauce evenly over pasta mixture.
6. Sprinkle grated cheese over the top.
7. Cook in pre-heated oven for 30 minutes.