

Spinach & tomato penne

(Serves 2)

Ingredients

- 150g Pasta, wholewheat penne
- 1/2 tsp Olive oil, napolini
- 100g Onions, diced
- 2 Garlic cloves, crushed
- 1 x 400g tin Tomatoes, chopped, napolini
- 160g Tomatoes, cherry, whole
- 1/4 tsp Oregano, dried
- 1/4 tsp Basil, dried
- Pinch Black pepper
- Pinch Salt, reduced sodium
- 100g Spinach leaves, baby
- 1/2 tbsps Parmesan, grated

Preparation

1. Bring a pan of water to the boil. Cook pasta according to packet instructions. Drain.
2. Whilst pasta cooking, heat oil in deep frying pan or wok.
3. Sweat onions & garlic for 3-4 minutes.
4. Add tomatoes, oregano, basil, black pepper & salt & cook for 5 minutes.
5. Add spinach & stir into sauce until wilted.
6. Stir in parmesan followed by pasta & coat thoroughly with the sauce.
7. Cook until pasta heated through.
8. Serve immediately.

TOP TIP: Try to keep the cherry tomatoes whole once added. Fresh herbs are also delicious in this dish.

NUTRITIONAL VALUES

PER SERVING

Calories 381

Total Sugars 14.92g

Total Fats 5.16g

Saturated Fats 1.17g

Salt 0.78g

Fruit & Veg 3.8