

## VEGETABLE PASTA SAUCE



40 MINS



4 SERVES

### INGREDIENTS

- 2 teaspoons olive oil
- 1 onion, finely diced
- 1 clove garlic, minced
- 1 red capsicum, finely diced
- 1 can crushed tomatoes (no added salt)
- 50g ham, diced
- 2 carrots, grated
- 2 zucchinis, grated

### DIRECTIONS

1. Heat olive oil over medium heat in a medium sized non-stick saucepan.
2. Add onion and garlic. Cook until translucent.
3. Add capsicum, tomatoes, ham, carrots and zucchini.
4. Cook for 15 minutes or until the sauce has thickened. Stir occasionally.
5. Serve with the pasta of your choice.

### LUNCHBOX TIP

Remember to always pack an ice brick when packing ham in the lunchbox!

