

5 a day vegetable sauce

RECIPE



The great thing about this recipe is that it doesn't matter how you chop up the vegetables because they all get blended up in the end. You can use this nutritious sauce for pasta, pizza and pastry fillings!

Shopping List



1.

Pre heat oven to 190.

Chop up your leeks, pepper, onion, peeled butternut squash and carrots and toss them in a drizzle of oil and herbs of your choice.

Place them on a baking tray and roast until soft for about (15 minutes for the leeks and 45 mins for the rest) It's important to take those leeks out after 15 mins as they take no time at all to become soft.

2.

Put all your ingredients into a blender with your passata and a couple handfuls of spinach and blitz! If you find your sauce too thick, just add a splash of water and blend again.

You'll be left with a delicious sauce (that can be frozen for later) to use in pastas, on pizzas and as pastry fillings!



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Here's how Ike uses his 5 a day sauce!

How will you use yours?

