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Delivering Healthy Eating

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BASIC TOMATO SAUCE USES

Quick pizza

1. Cut a stottie bun in half, (you can also use savory muffins, wraps or pita bread), lightly grill the outside part.
2. Add chopped vegetables eg Peppers, courgettes, mushrooms, sweetcorn to the sauce and cook on FULL POWER for 4-5 mins.
3. Turn the stottie over, spread a thick layer of the tomato sauce over each half
4. Sprinkle on cheese and pop into a hot oven or under a grill for 5-8 mins or until cheese is melted and coloured.

Spaghetti Bolognese

1. Chop up a selection of vegetables eg. Peppers, courgettes, mushroom, sweet corn, broccoli etc
2. Add to the sauce and cook for a further 5-6 minutes
3. Serve with freshly cooked pasta

Chilli Con Carne

1. Follow the recipe above then add a tin of baked beans and chilli powder to taste.
2. Cook for 2-3 minutes until piping hot.
3. Serve with thick crusty bread, rice, couscous, or jacket potato.

Baked fish with tomato

1. Spread approx 3-400 g skinned, firm white fish fillets, on a shallow dish and sprinkle with lemon juice
2. Spoon the tomato mixture over the fish.
3. Cover and cook on MED-HIGH for 5 minutes or until the fish is cooked.
4. Serve with the lemon wedges and crusty bread.