

Omega 3 Tomato Sauce

Serves 4

Ingredients

1 onion

2-3 cloves of garlic

1 tablespoon of dried mixed herbs

2 anchovies from a tin

700g bottle of smooth passata

Pinch of salt and pepper

Method

1. Peel and chop the onion and garlic finely
2. Heat a pan over a medium heat and add the anchovy fillets.
3. Allow the anchovy fillets to melt in the pan for 2 minutes, stirring well
4. Add the chopped onion and garlic and cook for 3 minutes until the onions begin to soften
5. Add in the tin of tomatoes and the mixed herbs
6. Simmer on a low heat for 10 minutes.
7. Add the salt and pepper
8. Serve.

Cost of ingredients (*except the salt and pepper*) from asda- correct as of 03/12/2012

£2.82

Cost per portion = £0.71