

Pasta with Tomato and Basil Sauce

Cuisine: **Italian**
Food category: **Vegetarian dishes**



Author: **Phil Smith**

Company: **Retigo**



Program steps

1

 Hot air

 0 %

 Termination by time

 00:00
hh:mm

 180 °C

 100 %



Ingredients - number of portions - 15		
Name	Value	Unit
Dried fusili pasta	750	g
Cans of chopped tomato	2	pcs
Tomato pasata	2	pcs
Cans of cherry tomatoes	2	pcs
Garlic	10	g
Onion - chopped	1	pcs
Vegetable broth	1	l
tomato puree - tube	1	pcs
Fresh Basil - bunch	1	pcs

Nutrition and allergens

Allergens: GLUTEN
Minerals: 16 mg, 17 mg, 2 mcg, 21 mg, Calcium, Calcium: 23 mg, Iron, Iron: 0, Magnesium, Magnesium: 10 mg, Manganese: 0, Phosphorus, Phosphorus: 29 mg, Potassium, Potassium: 146 mg, Selenium: 0, Sodium, Sodium: 4 mg, Zinc, Zinc: 0
Vitamins: 02 mg, 04 mg, 1 mg, 116 mg, 4 mcg, 4 mg, Folate, Folate: 19 mcg, Niacin, Niacin: 0, Riboflavin: 0, Thiamin, Thiamin: 0, Vitamin A: 2 IU, Vitamin B6, Vitamin B6: 0, Vitamin C, Vitamin C: 7, Vitamin K: 0

Nutritional value of one portion	Value
Energy	181 kJ
Carbohydrate	36.7 g
Fat	0.8 g
Protein	6 g
Water	5.4 g

Directions

Chop the onions and fry in the oven until soft, add the garlic and continue to cook for 5 mins,
Add the tomatoes, puree and passata along with the veg stock and cook for a further 20 mins.
Season and before serving, tear the basil into the sauce.

While the sauce is cooking, pre-heat a deep GN tray with water to 98oC. When ready add salt to the water then add the dried pasta and cook until soft. Once ready, drain off the water and run some olive oil through the pasta.

Place into a dish and poor over the sauce.

Recommended accessories



GN container Stainless
steel full



Enameled GN
container