

Spaghetti with Tomato Herb Sauce

Servings: 4 (1 cup per serving)



Ingredients

1 capsicum, chopped
1 medium sized onion, chopped
3-4 cloves of garlic, minced
200 g fresh mushrooms, diced
250 g tomatoes, blanched and pureed
250 g tomatoes, chopped
5 tbsp tomato sauce
200 g tomato puree
1/4 cup fresh parsley, chopped
1 cup water
1 tsp fennel seeds
2 tsp oregano
1 tbsp dried basil leaves
1 tsp pepper powder
2 tsp sugar
Salt to taste
250 g spaghetti
1/4 cup Parmesan cheese
2 tbsp olive oil

Nutrients

Approx. calories per serving: 265 kcal

Procedure

Cook the spaghetti in plenty of water along with a little salt and a few drops of oil. Strain the spaghetti using a Healux Steamer, run it under cold water and keep aside. To blanch tomatoes, drop them in boiling water for 3-4 minutes. Remove the skin and puree it in the mixie.

In a 24 cm Regular unit, add 2 tbsp of olive oil and heat on medium heat until the Thermo Indicator reaches the 20 degree mark. Drop the onions and fry for a few minutes and add the minced garlic. Now add the capsicum and mushrooms and fry for 3-4 minutes over medium heat.

Add the remaining ingredients except the spaghetti and Parmesan cheese. Cook over low heat, stirring occasionally until the sauce is rich and thick. To serve, pour the sauce over the spaghetti and top it with grated Parmesan cheese.