POPEYE PIZZA SAUCE

Main meal - sauce: This recipe provides a portion of vegetables.

Recipe adapted from: ISS Education

Ingredients

- 80g red lentils
- 4ml vegetable oil
- 40g onion, peeled, and finely chopped
- 20g garlic, peeled, finely chopped
- 800g canned, chopped tomatoes
- 120g tomato purée
- 1.6g ground black pepper
- 400ml water

Method

1. Cook the lentils as per the manufacturer’s instructions.
2. Heat the oil in a large pan over a medium heat, then add the onions and fry for 5 minutes, then add the garlic.
3. Fry for a further minute, then add the tomatoes, tomato purée and pepper.
4. Add the lentils and water. Stir well and bring to the boil.
5. Reduce the heat and simmer for 45 minutes.
6. Puree mixture with a blender.
7. The sauce is now ready to be used as required.

Serving suggestion: use to top any pizza/bread base or as a pasta sauce.

Number of portions this recipe makes:
- 24 primary servings (70g)
- 20 secondary servings (80g)

Prep: 10 minutes
Cook: 50 minutes

Allergy information:
None

Top Tips

Add some spices to the sauce, spread over a naan bread, top with paneer and bake.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets.

For this recipe: choose oils based on unsaturated fats.