

Fresh tomato & herb wholewheat spaghetti

SERVES 4 PREP 10mins COOK 25mins

MODERATELY EASY

* Try adding some chilli flakes for an extra kick



Low saturated fat

- 450g The Co-operative British piccolo cherry tomatoes on the vine
- 3 cloves garlic, crushed
- 15g fresh rosemary, finely chopped
- 2 fresh bay leaves
- 1 tbsp The Co-operative balsamic vinegar of Modena
- 500g The Co-operative wholewheat spaghetti
- black pepper

- 10g The Co-operative grated Parmesan cheese

- 1 Pre-heat oven to 200°C/Gas 4. Put the tomatoes in a baking tray, and bake for 10 mins until softened.
- 2 Remove tomatoes from the oven, and mix with the garlic, rosemary, bay leaves and balsamic vinegar. Bring the ingredients to the boil, then reduce to a very low heat and simmer for 15 mins.
- 3 Meanwhile, boil the spaghetti in a separate pan of water for approx 10-12 minutes

until al dente. Drain and mix with the sauce. Season with black pepper, top with Parmesan cheese and serve.

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|---------------------|-------------|-----------------|----------------|--------------|
| Calories 460 | Fat 4.1g | Sat Fat 1.3g | Sugars 4.6g | Salt 0.3g |
| approx. per serving | | | | |
| ✓ 1 of your 5-a-day | | | | |

The **co-operative**
good with food