

## Tomato and green bean pasta sauce (2 portions; 20 min)

### For the sauce

5 tbsp olive oil  
4 cloves garlic  
1 red onion (~150g)

1 stock pot  
1 tin plum tomatoes or 350g cherry tomatoes (or a mixture!)

150g frozen green beans

Peel and roughly chop the garlic and onion, chop the green beans down to an inch or so, and halve the cherry tomatoes if using.

Cover the bottom of a pan in oil and heat. Fry the onion and garlic on high heat for a couple of minutes. Add the beans and fry for another couple of minutes.

Add the tomatoes, stock pot, and a bit of hot water. Mix well, bring to the boil and simmer for 10 minutes.

Good with pasta or rice.