

AGGY'S SAUCES

SWEET PEPPERS & SPICES PASTA RECIPE



TASTY MEAL

Serves 4

Ready in 15 minutes

Sweet Peppers & Spices sauce

1 Garlic clove

2 medium onions

350g pasta

1 Tbsp oil

1 tomato chopped (optional)

salt & pepper

Cook your chosen pasta according to instructions

Drain and reserve.

Peel & chop onions and garlic

Fry onions and garlic in oil

Cook on slow heat until soft

Stir in 2 Tbsp **Sweet Peppers & Spices sauce**, season

Add chopped tomato if used

Add cooked pasta to the sauce

Cook for a further 2 minutes

Serve with broccoli.

Why not add smoked Mackerel or tin of tuna to this delicious sweet peppers & spices pasta dish

BUY A BOTTLE, FEED A CHILD

For years Agnes has been developing the recipe for this sauce for friends and family.

Today they fund a foundation which provides hope for AIDS orphans in Zambia. Every jar sold feeds a child for day.

1 BOTTLE MAKES 5 MEALS

To make more usage of Sweet Peppers & Spices sauces

- ◆ Spread between layers of lasagne
- ◆ Spoon onto the side of your plate with a roast
- ◆ Enrich a vegetable or chicken stir fry
- ◆ Use as a dip with nachos
- ◆ Use with relish on sandwiches

Aggy's Sauces are free from artificial preservatives and colouring, suitable for vegetarians

Aggy's Sauces Limited
www.aggysauces.com