



## Delicious Marinara Sauce

Recipe makes:  
4 Portions (420g)

Preparation time:  
10 minutes

Cooking time:  
30 minutes

### Nutritional Information

### 1 Portion (105g)

Energy	73kcal
Carbohydrates of which sugars	4.4g 3.9g
Protein	1.3g
Fat	5.6g

### Ingredients:

- 400g tin of chopped tomatoes
- ½ tbsp fresh lemon juice
- 2 tbsp extra virgin olive oil
- ¼ tsp black pepper, ground
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp dried parsley
- ½ tsp salt

### Method:

1. Mix all ingredients and add to a saucepan.
2. Cook over a medium heat until gently bubbling, then reduce the heat and simmer for 30 minutes.
3. Stir occasionally.

### Chef's Tips:

- Use it on your cauliflower pizza - see separate recipe card.
- Great sauce for vegetable, fish and meat dishes.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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