

Hidden Veg Sauce



Ingredients :

- 1 butternut squash
- 1 aubergine
- 1 red pepper
- 1 red onion
- 2 courgettes
- 6-8 mushrooms
- 1 bag spinach fresh or frozen
- 2 carrots
- 3 tins tomatoes
- Bunch basil
- Black pepper
- 1 tbsp Olive oil/rapeseed oil
- 2 garlic cloves



Directions :

1. Chop all vegetables into chunks
2. Put in a roasting tin with the oil (except the spinach, basil and tomatoes)
3. Grate the garlic (or press) and rub over the vegetables
4. Roast on a low temperature (150C/130C fan/300F/gas 2 for about an hour
5. Remove roasted vegetables from oven and transfer to the blender
6. Add the tomatoes, basil, spinach and pepper to the blender
7. Blend as much or as little as you need according to your age and safety requirements

Hidden Nutrients



Children and adults should aim to eat a rainbow of naturally occurring fruits and vegetables each day.



Whilst we all want children to sit and willingly eat vegetables, sometimes there is a need to sneak them in, ideally always offer an actual veg alongside anything hidden so that they do get used to the textures and flavours of individual foods.

