

# FRESH TOMATO SAUCE

**Time: 10 minutes**

**Serves: 4**

### Ingredients:

500g large tomatoes  
1 clove garlic – very finely chopped or grated  
2g kosher salt  
Few grinds fresh ground black pepper  
4 leaves fresh basil - chiffonade

### Preparation:

Slice the tomatoes in half horizontally. Grate into a bowl, flesh-side in, with the coarse side of a box grater, discarding the skins.

Stir in the garlic, salt and pepper.

Add the sauce to pasta, spaghetti squash or something else of your choosing. Top with the basil.

### Nutritional Information Per Serving:

Calories: 23  
Fat: 0.3g  
Carbs: 5g  
Fibre: 2g  
Protein: 1g