

Creamy Garlic Pasta Sauce



Serves	3
Prep time	10 minutes
Cook time	5 minutes
Total time	15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Main Dish
Misc	Child Friendly , Serve Hot

Ingredients

- 1/2 Small leek
- clove garlic
- 1 Stick celery
- 1 heaped teaspoon butter or Nuttelex
- 1 cup light sour cream or cream cheese
- Salt
- 1 Small bunch parsley (finely chopped)

Directions

1. Melt the butter/Nuttelex in a frying pan and add the leek, garlic and celery. Cook for 2 to 3 minutes, until soft.
2. Add the sour cream/cream cheese and reduce the heat to low, simmer for 2 to 3 minutes.
3. Stir through the parsley and season with salt.
4. Stir through cooked pasta and serve immediately.

Note

Low Chemical / Failsafe