

23/05/2024

Food Preparation and Nutrition

Pasta Sauce



Ingredients list

- 2 tbsp olive oil
- 2 large garlic cloves
- 1 small red onion
- 1 carton of passata
- 1 can tinned tomatoes
- 1 tsp dried basil / oregano
- 1 tsp sugar



Equipment list

- Saucepan
- Brown chopping board
- Sharp knife
- Plastic spoon

Method

Prep before we cook:

- Garlic peeled and chopped
- Onion peeled and diced
- Can of tomatoes and passata opened ready to use



Method

1. Add oil into a saucepan. Fry the onion on medium heat until soft
2. Turn the heat down and add the garlic. Cook for 1 minute
3. Add passata and canned tomatoes. Keep stirring so the bottom of the sauce does not burn.
4. Add the sugar and herbs. Mix well and keep stirring to the bottom of the pan.
5. Turn down the heat and simmer/reduce for 20mins.

