

RECIPE AND INGREDIENTS



TOMATO SAUCE

METHOD

For the Tomato Sauce

1. Sweat the onion in the oil over a medium heat until translucent
2. Add the garlic and fry for 2 minutes
3. Add the oregano, ketchup and purée and cook for 3 minutes
4. Add the chopped tomatoes and bring to a simmer
5. Allow to cook out for 20-30 minutes until you have a rich thick sauce.
6. Season pepper to taste.
7. Set aside to cool
8. Blend if you want, to a smooth sauce.



RECIPE

Tomato sauce

- 1 small onion finely chopped
- 1 clove of garlic minced
- 1tsp olive oil
- 1 tbsp Tomato purée

- 1 tbsp Tomato ketchup
- 1 chopped tomato
- 1/2 tsp oregano
- 1 tbsp honey
- Pepper



#SUPERYUMMY #SIMPLYDELICIOUS