

Ingredients needed for: ____/____/____ Name:

TOMATO SAUCE

Ingredients

1 tablespoon olive oil or vegetable oil
1 clove garlic
1 small onion
1 can chopped tomatoes or 500g/1lb fresh tomatoes, skinned and chopped, or 400g carton of passata
1 tablespoon tomato puree
1 teaspoon dried herbs e.g. basil or oregano, or a handful of fresh basil
salt and pepper

Equipment

Knife
Chopping board
Non-slip mat
Tablespoon
Wooden spoon
Saucepan
Teaspoon

Method

1. Peel and finely chop the onion and garlic.
2. Place oil in a small pan and gently fry the onion and garlic until soft (about 5 mins).
3. Stir in the tomatoes, tomato puree, herbs, salt and pepper.
4. Cover and simmer gently for 30 mins.
5. Turn off when the vegetables are soft, and cool slightly.
6. Blend using a hand blender until fairly smooth.