

Pasta and tomato sauce

Ingredients

1 tbsp vegetable oil)
 1 onion
 1 garlic cloves
 1 tbsp tomato purée
 1 x 400g cans chopped tomatoes
 1 tsp dried oregano
 100g 00 Flour
 1 egg.



Aim Higher

Swap vegetable oil for olive oil
 Add fresh basil instead of oregano

Equipment

***REMEMBER TO BRING A
 CONTAINER WITH LID TO
 TAKE FOOD HOME***

Method:

1. Add flour to the processor and crack the egg over the top.
2. Pulse until pea size clumps of flour.
3. Tip on to the work surface and knead until a smooth dough is formed
4. Wrap in cling film and leave to rest for 10-20 minutes.
5. Peel and chop onion and garlic
6. Add oil into a frying pan and add onion and garlic.
7. Cook on a low heat to soften but not brown.
8. Add chopped tomatoes, tomato puree and herbs and simmer for a couple of minutes
9. Carefully transfer sauce into a measuring jug in the sink.
10. Use the hand blender to whizz sauce until it is smooth.
11. Feed pasta through the pasta machine working from widest to narrowest settings.
12. Cut pasta into strips as desired and dust with corn flour or semolina
13. Hang pasta to air dry for 10 minutes .
14. Half fill pan of water and put on the hob to boil.
15. When water is boiling add the pasta and cook for 2-3 minutes, then drain.
16. Transfer pasta into your container. Pour sauce over the top and carefully mix until all the pasta is coated.
17. Wash and finely chop the fresh basil. Stir it into your sauce.

