

Tomato Sugo for Potato Gnocchi (GF Fat free)

Source <https://www.recipetineats.com/eggplant-parmigiana>

From the garden Onion, spring onions, garlic, tomato sauce, Tomato Passata (made from tomatoes and basil), oregano, other herbs such as parsley, dried basil.

<u>Equipment</u>	<u>Ingredients</u>
2 large bowls 2 small bowls frying pan x 2 chopping boards knives – 1 small, 2 large and scissors tablespoon, teaspoons measuring cups Grater	<ul style="list-style-type: none"> • 1 onion , finely diced • 5 garlic cloves , finely minced • 600ml Tomato Passata • 400g Tomato sauce (made in previous class and frozen) or canned tomatoes • 1 1/2 tsp white sugar • Dried basil and other fresh herbs • 1 1/2 tbsp fresh oregano • 1 1/2 tbsp parsley finely chopped. • Greens such as silverbeet, spinach • 1 cup water • 3/4 tsp salt • 1/4 tsp black pepper • Parmesan cheese (if using)

What to do

- Chop oregano and remove parsley leaves from stems. Chop parsley stems.
- Finely dice onion.
- Finely chop or mince garlic.
- Chop greens. if using
- Heat frypan and cook onions and garlic for 3 minutes until softened and just about to colour on the edges.
- Pour in the Tomato Passata , tomato sauce, canned tomatoes (if using), water, oregano and sugar. Stir and bring to a simmer.
- Add chopped oregano and parsley.
- Add other herbs and dried basil (if using)
- Simmer uncovered for about 30 – 40 minutes, stirring occasionally, until thickened, adding the parsley stalks halfway through cooking. The final consistency should be slightly thicker than a pasta sauce so it's spreadable. Add extra water a little at a time if required during cooking if it gets too thick.
- Add greens, if using
- Stir in salt and pepper. Simmer for a few more minutes.
- Grate Parmesan (if using) and spoon into a small serving dish.
- Spoon Tomato Sugo (sauce) into a large serving dish. Serve Sugo with Potato Gnocchi or any other pasta. ENJOY!