

Tomato Pasta Sauce

Workstation:

Equipment

Measuring cups
Knife
Chopping board
Non slip mat
Large saucepan
Wooden spoon
Can opener

Ingredients

3 cloves of garlic
1 onion, diced
500 grams of crushed tomatoes
1 can of crushed tomatoes
250 grams of zucchini
2 grinds of salt
2 grinds of pepper
½ cup fresh basil, chopped
2 tablespoons of dried oregano
1 tablespoon olive oil

Method

1. **Peel** and **crush** garlic
2. **Peel** and **dice** onion
3. **Heat** olive oil in a large saucepan
4. **Add** garlic and onion, **cook** until softened
5. **Add** crushed tomatoes, canned tomatoes and zucchini
6. **Stir** so that the mixture doesn't burn and catch on the bottom of the saucepan
7. **Add** oregano, salt and pepper and cook for a further 10 minutes over a low heat
8. **Add** fresh basil right before serving