

# Pesto

 Preparation: 10 minutes

 Cooking: 5 minutes

 Four people

## Ingredients

- large bunch of basil
- 2 garlic cloves
- 50g pine nuts
- 150ml olive oil
- 50g parmesan (or vegetarian alternative)

## Equipment

- frying pan
- food processor or blender
- jar with lid

## Method


1. Heat a frying pan over a low heat. Add the pine nuts and cook until golden, shaking them occasionally. Put the cooked nuts into a blender or food processor with the rest of the ingredients and blend until smooth.
2. Pour the pesto into a jar and cover with a little extra oil, then seal and store in the fridge. It will keep fresh in a fridge for upto two weeks.


## Serving suggestions

- Stir into freshly cooked pasta
- Spread over roasted chicken
- Spread onto crackers with some soft cheese
- Use as a dip for carrot sticks
- Add as a pizza topping



# Roasted red pepper sauce

 Preparation: 5 minutes

 Cooking: 30 minutes

 Four people

## Ingredients

- 500g passata
- 3 red peppers
- 2 peeled red onions
- ½ tsp dried thyme
- 1 tbsp cooking oil
- salt and pepper

## Equipment

- sharp knife
- chopping board
- blender or food processor
- roasting tin

## Method


1. Heat the oven to 220°C.
2. Chop the peppers and onions into chunks and place in a roasting tin. Add the oil and dried thyme, then roast for 30 minutes.
3. Allow the roasted vegetables to cool, then blend to leave some chunks.
4. Stir in the passata, season with salt and pepper and heat through.


## Serving suggestions

- Stir into freshly cooked pasta
- Use as a marinade for roasted chicken
- Use as a sauce base for lasagne or moussaka
- Pour over roasted vegetables



# Fresh tomato sauce

 Preparation: 5 minutes

 Cooking: 30 minutes

 Five people

## Ingredients

- 500g ripe tomatoes
- 1 tbsp olive oil
- 1 onion, chopped
- 1 crushed garlic clove
- selection of fresh herbs

## Equipment

- sharp knife
- chopping board
- saucepan
- sieve
- spoon
- bowl

## Method

1. Heat the olive oil in a saucepan. Add the chopped onion and crushed garlic, then cook on a low heat for 10 minutes until soft.
2. While the onion and garlic is cooking, chop the tomatoes and tear the herbs into pieces.
3. Add the tomatoes and herbs to the pan and cook over a low heat for around 20 minutes, until everything is soft. Leave to cool.
4. Use a spoon to press the tomato mixture through a sieve into a bowl.
5. Reheat before serving.

## Serving suggestions

- Stir into freshly cooked pasta
- Spoon over chicken or fish
- Use as a sauce base for lasagne or moussaka
- Add mince or mixed beans and chilli powder to make a simple chilli con carne

