

## Pasta with Tomato Sauce



Level - easy

Prep time – 10 minutes

Cooking time – 20 minutes

Sauce serves approx. 4 children

### Ingredients

1 tablespoon olive oil, vegetable oil or any cooking oil

1 small onion

1 clove garlic

1 tablespoon tomato puree

1 tablespoon tomato ketchup

1 400g can chopped tomatoes

1 teaspoon oregano or mixed herbs

1 tablespoon honey

50g or half a mug of uncooked pasta per person

A handful of grated cheese per person

*Optional:*

Black pepper



## Method

Watch and follow the video together [here](#)

Step 1 – peel the skin off the onion and the garlic

Step 2 - grate the onion and garlic using a box grater

Step 3 – heat the oil in the pan for one minute

Step 4 – add the onions and cook for a few minutes until they are see-through, keep stirring them

Step 5 – add the garlic and cook for 2 minutes, keep stirring

Step 6 – add the chopped tomatoes, tomato ketchup, tomato puree and honey. Cook for 3 minutes, stirring well

Step 7 – season with pepper, if you like it

Step 8 – add the oregano or mixed herbs and stir well making big circles

Step 9 – bring the sauce to a simmer, letting it gloop away and allow to cook for about 20 minutes until you have a rich, thick sauce. If you like a smooth sauce, whiz it using the hand blender – just give it chance to cool slightly before you do

Step 10 – cook the pasta in boiling water according to the packet instructions

Step 11 – drain and tip the pasta into the pan with the tomato sauce, toss together, gently heat and serve

Step 12 – sprinkle over grated cheese, if you like it

Happy Cooking 😊

