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Tomato Sauce

Makes 10 small servings

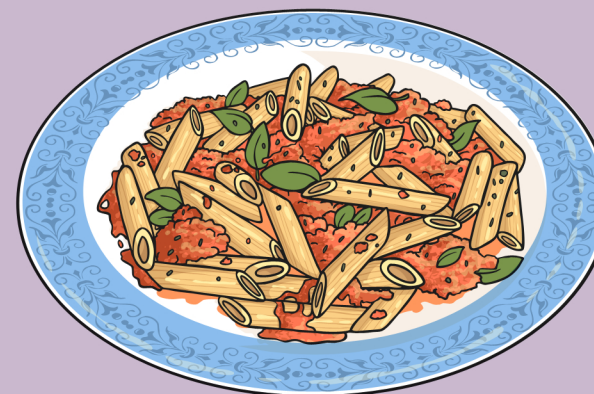
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Ingredients

2 tbsp extra virgin olive oil
1 medium onion, chopped
2 garlic cloves, crushed
2 x 400g cans of chopped tomatoes or 1kg ripe tomatoes
2 tsp balsamic vinegar
2 tsp sugar
1 large handful basil leaves, torn into small pieces
Salt and freshly ground black pepper
Finely grated parmesan cheese, to serve
500g whole wheat pasta.

Equipment

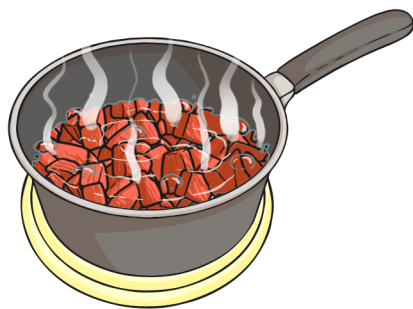
2 medium sized pan
1 large sized pan
Colander
Grater
Teaspoon
Tablespoon
Chopping board
Safe Knife
Oven gloves



Safety Note: Very close adult supervision is needed when using the hob.

Step 1. Heat the oil in a medium saucepan and gently cook the onion for around 5 minutes until softened.

Step 2. Stir in the garlic and cook for a few minutes. Then add in the tomatoes, balsamic vinegar and sugar.



Step 3. Season with a tiny pinch of salt and pepper, then simmer for around 15 minutes, stirring occasionally.

Step 4. Stir in the basil leaves, leaving a few to garnish, and cook for a further 5 minutes.



Step 5. Fill a large pan of water, $\frac{3}{4}$ full, and bring to a rolling boil. Add a pinch of salt. Cook the pasta according to the packet instructions. Once the pasta is cooked, carefully drain in a colander over the sink. Stir the pasta into the sauce. An adult should remove the pan and drain the hot water. Serve with the parmesan and torn basil leaves sprinkled over the top.