



Homemade Napoli sauce with mushrooms

seasonal recipes | summer/autumn

ingredients

1 tablespoon of olive oil
8 tomatoes
2 tablespoons of tomato paste
Handful of basil
1 large onion
4 cloves of garlic
2 cups of low salt stock
(vegetable/chicken or beef)
Pepper

Optional garnish - parmesan or
grated cheese

Tip: Fresh tomato can be
substituted with 2x 400g cans of
diced or chopped tomatoes.

method

1. Cut the tomatoes in half and squeeze out the seeds.
2. Finely dice the mushroom and onion.
3. Heat the oil in a large pot over a high heat. Add the onion and garlic and fry off until soft and translucent.
4. Add the tomatoes and continue to stir for 2-3 minutes or until soft.
5. Add two cups of low salt stock, the chopped basil leaves and pepper to taste.
6. Place a lid on the pot and allow to cook for 40 minutes. Stir occasionally.
7. Cook your favorite pasta as per instructions on the back the packet. Once the sauce is cooked, add the pasta and mix it through.
8. Divide the pasta between bowls and garnish with parmesan or grated cheese.

Serves 4-6