

SUMMER TOMATO AND EGGPLANT PASTA SAUCE

Equipment needed –

Knives, chopping boards, garlic crusher, measuring spoons, frying pans, large saucepan

Ingredients from the Garden –

- 4 small eggplants
- 2 green capsicums
- 2 medium onions
- 4 cloves of garlic
- 4 sprigs of basil with leaves
- 800 grams fresh tomatoes

Ingredients from the Pantry –

- 4 tablespoons of Olive oil
- 200 grams of Tomato paste
- 1 cup of water
- 1 tablespoon of sugar
- 2 tablespoons of Italian herbs

What to do –

1. Wash and cut the eggplants into a small 1 cm dice. Set aside.
2. Finely dice the onions. Set aside.
3. Mince the garlic using a garlic crusher. Set aside.
4. Wash and finely dice the green capsicums and set aside.
5. Measure out the olive oil into a frying pan over a medium heat.
6. Cook the eggplant, green capsicum, onion and garlic until soft and tender, stirring often.
7. When the vegetables are soft and cooked, transfer them into a large saucepan. Stir in the tomatoes, tomato paste, sugar, water and sprigs of basil. Simmer for 15 minutes stirring occasionally.
8. Remove the sprig of basil and give the pasta sauce to the pasta group.

Serves –

- 28 students.