



Tomato Sauce

A good tomato sauce is a basic in every Mediterranean cuisine. Use it to poach Lebanese stuffed zucchini, to dress a simple pasta, layer into eggplant Parmigiana or lasagne or add a pinch of hot smoked paprika to toss with Spanish meatballs. Use good canned Italian tomatoes for your tomato sauce, ideally Mutti.

Makes about 1½ cups



INGREDIENTS

- 2 tablespoons extra virgin olive oil (40ml)
- 1 small red onion, finely chopped
- Salt flakes, to taste
- 400g Italian canned tomatoes, chopped (14oz)

METHOD

1. Place oil and onion in a small saucepan over medium heat.
2. Add a good pinch of salt, cover and cook for 10–15 minutes, stirring occasionally, until just starting to colour.
3. Add tomato, bring to the boil, reduce heat and simmer for about 10 minutes, crushing occasionally with a wooden spoon or potato masher.
4. Set aside until needed.