



Roasted Red Sauce

The Little Cookie (Australia)

INGREDIENTS

6 tomatoes
4 basil leaves
garlic to taste
½ onion finely diced

METHOD

Gently score each tomato with a sharp knife. Remember to ask an adult to help you.

Place the tomatoes in a microwave for approximately 4 minutes. Once the tomatoes have cooled down gently peel the skin away and scoop out any seeds.

Put the tomatoes into the tomato machine and gently turn the handle. You will see your delicious healthy sauce falling into your bowl.

Gently fry finely diced onion and garlic in a fry pan before adding your tomato sauce.

Before you remove the sauce from the heat gently tear delicious fresh basil and stir into your sauce.

Season with salt and pepper.