

# All round tomato sauce!



This sauce is so versatile you can eat it with anything. Why not try a chorizo pasta or add it to a jambalaya? You could even use it as a pizza base. It can be made beforehand and stored in a container in the fridge. If using it with pasta then this quantity will easily serve 5-6 people.

## What you'll need:

Measuring spoons, food processor/blender or hand blender, saucepan, wooden stirring spoon

## Ingredients

- 5 large tomatoes
- $\frac{1}{2}$  tbsp sea salt
- $\frac{1}{2}$  tsp black pepper
- 2 garlic cloves, minced/finely chopped
- 2 spring onions chopped
- $\frac{1}{2}$  red pepper chopped
- 1 tbsp capers
- $\frac{1}{2}$  tbsp paprika
- $\frac{1}{2}$  tbsp rose harissa paste
- 1 tbsp fresh mixed herbs, basil, coriander and parsley (1 tsp mixed dried herbs)
- 2 tbsp oil for frying

## Method

1. In a saucepan heat oil over a medium heat
2. Quarter the tomatoes and scoop out the middles removing all the seeds. (Pop these in a tub and you can use them at a later date in other recipes)
3. To the saucepan add the tomatoes, sea salt and black pepper
4. Fry for 5 minutes, stirring halfway
5. Then add the garlic and fry for a few more minutes
6. Add in the spring onion and red pepper, give it all a good stir and leave for a further 3-5 minutes
7. Sprinkle in the paprika, stir well to coat everything
8. After a few minutes add in the capers and harissa paste, give everything a really good stir and allow to cook for about 8 minutes
9. Before you remove from the heat the tomatoes should be very soft, practically falling apart
10. Allow to cool
11. Place the saucepan contents into the food processor and add in the chopped fresh herbs

12. Blitz on a high number until the sauce is relatively smooth
13. You can put it into a container to use later on or you can cook some mushrooms in a pan, add some cooked pasta and toss in the sauce

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