

# Ragu



## Ingredients

|                        |                                  |
|------------------------|----------------------------------|
| 1 onion                | 1 x 15ml spoon oil               |
| 1 clove garlic         | 2 x 400g canned chopped tomatoes |
| Handful of fresh basil | Black pepper                     |

## Equipment



## Method

1. Prepare the vegetables:
  - peel and chop the onion;
  - peel and crush the garlic;
  - tear the basil leaves.
2. Fry the onion and garlic in the oil for 5 minutes, until soft.
3. Add the tomatoes and the basil.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).



## Skills

- Using a knife
- Preparing an onion
- Using the hob
- Measuring

## Top Tips

- Use dried herbs if you do not have fresh.
- Add a chopped fresh red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.
- Add and brown 200g minced beef after stage 2 for a simple meat sauce.
- Stir in black olives and tuna for a fish alternative.
- Pour the sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.