

COOKING UP

SAUCY SAUSAGE PASTA

This family favourite includes a homemade tomato sauce, the basis for many great dishes. Enjoy with pasta, pizza, or your favourite protein.

SERVES 4 

INGREDIENTS

3 tablespoons vegetable oil
1 large onion
1 large carrot
1 large stalk of celery
2 garlic cloves
2 x 400g tin of tomatoes
2 teaspoons tomato purée
1 teaspoon dried oregano
1 teaspoon sugar
Salt and pepper
400g pasta
1 pack vegetarian sausages

EQUIPMENT

Knife
Chopping board
Measuring spoons
Wooden spoon
2 saucepans
Frying pan

ALLERGENS

Celery

TIP

Double the recipe to make a big batch of the tomato sauce and freeze in portions.



METHOD

- 1 Peel the onion and dice finely. Trim the ends of the celery and dice into small pieces (similar size to the onions). Peel the carrots and chop into similar-sized cubes.
- 2 Heat 2 tablespoons of the vegetable oil in the saucepan and add the chopped vegetables. Stir well, cover, and cook over a medium-low heat for approximately 10 minutes, stirring often until soft.
- 3 While the vegetables are cooking, place the garlic cloves on a chopping board and squash with the back of a wide-bladed knife; remove the skin and chop finely. Add the garlic to the pan and cook for a minute.
- 4 Stir in the tinned tomatoes, tomato purée, oregano and sugar. Bring to a low simmer and cook very gently uncovered for approx. 15-20 minutes. Stir occasionally, particularly towards the end of the cooking time, so that the sauce doesn't catch on the bottom. Season with salt and pepper.
- 5 While the tomato sauce is cooking, add 1 tablespoon oil to the frying pan and cook the veggie sausages over a medium heat for approx. 15 minutes, turning frequently until golden brown and piping hot (NB refer to packet for exact cooking time). Transfer to a chopping board and slice into 1cm rounds.
- 6 Cook the pasta for the time indicated on the packet, then drain and stir in the tomato sauce. Gently stir in the cooked sausage pieces. Cook for a further 2 minutes over a low heat, check the seasoning and serve.



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