



Sauces and Stir Frys

Broccoli Bob says:

Always remember to wash your hands before handling and preparing food!

Useful Tomato Sauce

An ideal sauce for pasta, pizza, jacket potatoes or as a base for a soup etc.

Ingredients:

1 tbsp Olive or vegetable oil
1 Small onion, chopped
50g - Courgette, grated
50g Mushrooms, sliced
200g Can of tomatoes, chopped
1 tbsp Tomato puree
Salt & pepper
1 tbs Fresh herbs such as basil, thyme or chives, chopped

Equipment needed:

Medium sized saucepan, hob, wooden spoon, chopping board, knife.

Method:

Heat the olive oil in a pan, add in the onions and cook until soft.
Add the courgette and mushrooms and cook over a high heat until lightly browned.
Add the tomatoes and cook uncovered on a medium heat until the mixture is thickened.
Stir in the tomato puree, season to taste and stir in the herbs. If using dried herbs, use 1 tsp as they are much stronger than fresh.

Variations:

Swap the vegetables for finely diced carrot and celery, or omit the vegetables and add in a tin of drained kidney beans and a little sweet chilli sauce.

Vegetable Stir Fry

Preparation time:

10 minutes,

Cook time:

5 minutes

Ingredients:

1 Carrot
1 Leek
100g Broccoli
1 Pepper
tsp Sunflower or Rapeseed oil

Equipment needed:

Wok or large saucepan, hob, knife, chopping board.

Method:

Wash the carrot, leek, broccoli and pepper.
Cut both ends off the carrot, peel and cut into thin strips.
Cut both ends of the leek and cut into thin rings.
Cut the broccoli into bite size pieces.
Cut the stalk end off the pepper, remove the seeds from the inside and slice into strips.
Put the oil into a very large deep frying pan or wok and heat it until the oil is hot.
Add the vegetables.
Cook for 3-5 minutes, stirring all the time, then serve.

Variations:

Flavour with a little soya sauce or a stir-fry sauce of your choice. Serve on its own or stir-fry some strips of turkey or chicken for 2-3 minutes at step 7, before adding vegetables. Stir-fry in some straight to the Wok noodles after the vegetables are cooked to make this go further and add more nutritional balance.

Slurpy Spaghetti (Serves 4)

Preparation time:

7/8 minutes

Cook time:

25 minutes

Ingredients:

2 tbsp Olive oil
1 Clove garlic, crushed
400g Tin chopped tomatoes
tbsp Tomato puree
tsp Balsamic vinegar
tsp Sugar
1 Onion, peeled and chopped
Cheese, grated
Salt & pepper

Equipment needed:

Hob, cheese grater, 2 saucepans, knife, chopping board, and a garlic press.

Method:

Heat the oil in a pan, add the onion and garlic and fry for 5 minutes or until the onion is softened but not coloured.

Add the tinned tomatoes, tomato puree, balsamic vinegar, sugar and a pinch of salt and pepper.
Cover with a lid and simmer for about 20 minutes.

Cook the spaghetti in a large pan of boiling water according to the packet instructions.

Grate the cheese, drain the pasta, put it into bowls and top with the tomato sauce.

Optional, add finely diced carrot, courgette or celery with the onions for hidden veg. Add a tsp dried basil or mixed herbs or a tbsp of fresh herbs with the tomatoes.