



CAPSICUM, COURGETTE AND TOMATO PASTA SAUCE

Season:	Summer, autumn
From the garden:	Capsicum, courgette, tomato, basil
Type:	Dinner
Difficulty:	Easy
Country of origin:	Italy
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board and knife
- *bowls
- *measuring cup and spoons
- *frying pan and lid
- *wooden spoon

Ingredients

- *2 large capsicum
- *1 medium courgette
- *2-3 medium tomatoes
- *small handful fresh basil
- *1 small onion
- *2 cloves garlic
- *1 vegetable stock cube
- *2 tbsp tomato paste
- *1 tsp dried oregano
- * $\frac{1}{4}$ cup sour cream
- *salt and pepper to taste
- *oil for frying

Method

- 1.cut capsicum in half, remove seeds and slice finely
- 2.cut courgette and tomatoes into small pieces
- 3.peel and chop onions and garlic

- 4.heat a little oil in a frying pan and cook the onions and garlic until softened
- 5.add the capsicum and courgette to the frying pan and and cook until the vegetables are lightly browned
- 6.add a little bit of water, the stock cube, tomatoes, basil, dried oregano and tomato paste to the pan, put the lid on and let the sauce simmer for around 20 minutes
- 7 stir the sour cream through the sauce and season to taste
- 8.serve with your favorite cooked pasta

Skills: *measuring, chopping*