

# Onion, Apple & Tomato Pasta Sauce

*Pasta is pretty much a staple for us, partly because it's so quick and easy to jazz up with some fresh yummy veg and herbs. Our fresh onions are really excellent to use in this kind of sauce as they are so full of flavour. Try this idea of adding a little bit of fruit to your sauce too for a really tasty twist once you've given it a go, you'll wonder why you never thought of it before...*

## Serves 2

450g fresh tomatoes, or a tin of chopped tomatoes  
2 fresh onions, chopped finely  
1 clove garlic, crushed  
2 tbsp olive oil  
1 apple, finely sliced or chopped  
1 bay leaf  
salt & freshly ground black pepper



SXC

Heat the oil in saucepan and add the onions, garlic, apple and bay leaf. Cover and simmer over low heat until the apple and onion have dissolved (up to about an hour). Add the chopped tomatoes, salt and pepper and simmer for another 30 minutes. Remove the bay leaf before serving, and pour over freshly cooked pasta and top with more black pepper, a little chopped basil or parsley and Parmesan.



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