

Ingredients (serves 4):

1 red pepper
1 400g tin tomatoes
1 small bunch of spring onions
1 bulb garlic
Fresh basil

PREP

Chop pepper into chunks, open tins, chop spring onions and garlic.

....DONE!

COOK

Either roast the pepper and garlic with a little olive oil in the oven at 180°C for 30 minutes or stir fry in a wok for 5 minutes

Place these ingredients along with the tomatoes, spring onions and a handful of basil (the stalks are particularly flavoursome so don't be afraid to use these rather than the leaves which we can use later) into a pan with 200ml water or vegetable stock, bring to boil and simmer for 15 mins.

Place into a blender until smooth, pour back into pan and stir through some freshly chopped basil, serve. (if it's a bit thick for your liking add some more water and if it's too thin, just allow it to simmer without a lid to reduce it a little)

....DONE!

TRY

Using any leftovers as a pasta sauce

Using dry basil instead of fresh at the initial simmering stage