

Australian Native Food Education Kit

Wild Basil Napolitana Sauce – serves 2-4

A versatile base sauce for many Mediterranean style dishes like pizzas, pasta, schnitzel parmigiana and Ratatouille

<p>1 x 400g tin diced Italian tomatoes (or very ripe fresh) 2 dsp olive oil 1/3 tsp salt 1-2 tsp raw sugar ½ tsp dried oregano 1/3 tsp Pepperleaf 1 heaped tsp crumbled dried wild basil</p>	<p>Bring all ingredients except sugar to a very GENTLE simmer, stir occasionally. Cook slowly for 10 mins.</p> <p>“Season” to taste with the sugar, starting with stirring in a little – it’s all about the balance of the tomato acid and sweetness on your palate.</p>
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