

Caz's Roasted Carrot & Sundried Tomato Pasta Sauce

Season: Summer/Autumn

Makes: 30 tastes in the classroom or 8 at home

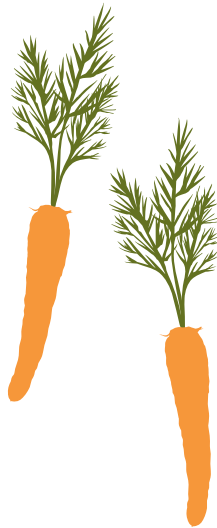
Fresh from the garden: carrots, onion, garlic, tomatoes, oregano, thyme, parsley

Recipe source: St Clair Public School

Many thanks to the Kitchen Garden Program educator at St Clair Public School in Western Sydney for sharing her very own pasta sauce recipe with us, a delicious mix of pureed roasted carrots, sundried tomatoes and fresh herbs – yum!

Equipment:

metric measuring scales, jug and spoons
tea towel
chopping board
cook's knife
roasting pan
large saucepan
stick blender



Ingredients:

6 large carrots, peeled and roughly chopped
1 large onion, peeled and roughly chopped
4 garlic cloves, peeled
½ cup olive oil (or oil from sundried tomatoes)
4 fresh tomatoes, roughly chopped
1 cup sundried tomatoes
½ cup tomato paste
1 litre vegetable stock
1 tbsp smoked paprika
1 tbsp fresh oregano
1 tbsp fresh thyme
pinch sugar
salt and pepper, to taste
parmesan cheese, to garnish
fresh parsley, chopped, to garnish

Instructions:

1. Preheat the oven to 180°C.
2. Prepare all ingredients based on the instructions in the ingredients list.
3. In a large roasting pan, combine the carrots, onion, garlic and oil. Mix until all the vegetables are covered in oil.
4. Roast for 20 to 25 minutes, or until golden brown.
5. Transfer the roasted vegetables to a deep saucepan. Add the rest of the ingredients, except the cheese and parsley, and simmer for 15 to 20 minutes.
6. Using a stick blender, blend until you have a smooth texture. If it's too thick, add more stock or water.
7. Put the pasta sauce back on the stove and simmer over low heat for another 5 minutes.
8. Serve with cooked pasta, and garnish with the parmesan and freshly chopped parsley.