

This newsletter's recipe is from Anna Schwarz who lives in Hollingdean and is cookery teacher and events caterer at The Cardamom Pod.

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Tomato, Olive and Chilli Sauce

This is the sort of recipe that looks too simple to bother with but turns out to be gorgeous.

It's cheap, quick to cook, will keep in the fridge for a few days and freezes well.

You will need

2 onions (white or red)

2 cloves of garlic (or more if you like garlic)

2 chillies (red or green)

A big jar of cheap black olives, about 200g drained weight

2 tins of tomatoes

A bit of oil

What to do

Slice and fry the onions till softened and juicy

Finely chop the chilli and add to the onions (keep the seeds if you like the heat from chillies)

Cut the garlic up really small and fry for a couple more minutes.

If you think the garlic is about to burn add a splash of water to the pan, it will sizzle away, stop stuff burning and means you can use less oil.

Cut or break up the olives and stir into the pan.

Add the tins of tomatoes, if they're not already chopped break them up.

Simmer till the sauce is thick and the tomatoes have started to break down, if the tomatoes are whole you'll need to break them up a bit with a spoon. Stir every now and then as it cooks.

Good to eat with pasta, or anything else really - I like it on the side of fried eggs and toast.