

Sugo all'arrabbiata

2-3 tbsp. olive oil

5 cloves of garlic, peeled

1 tsp. chilli flakes, can use less or more depending on your tolerance, or use dried whole chilli peppers

1 tsp. sugar

1 heap tbsp. good quality tomato puree

8oz tomatoes

Handful of basil leaves

Salt & cracked black pepper

Heat the oil and add the garlic, chilli, sugar, and tomato paste, cook for a few minutes before adding the fresh tomatoes.

Season well with salt and pepper.

Cook until the tomatoes are squishy.

Meanwhile cook your pasta to be 'al dente' reserving the pasta water for later.

Once the tomatoes are soft, add to a blender along with the garlic and a splash of pasta water to loosen it, blend to be smooth.

Pour this sauce back into the pan and cook for a few minutes, stirring the sauce.

Add the pasta and another glug of pasta water to coat the sauce onto the pasta well.

Once combined and saucy, serve with extra basil leaves, and chilli flakes.

Note: if you do not have a blender you can just mash up the tomatoes a little and add ripped basil leaves.