

COLDPRESSED

the Good Oil



50% LESS SATURATED FAT THAN OLIVE OIL

IDEAL FOR FRYING, ROASTING, DRESSING AND BAKING

GROWN AND PRESSED IN NEW ZEALAND

HOME MADE PIZZA SAUCE

Ingredients

- 2 Tbsp The Good Oil
- 1 brown onion finely chopped
- 2 cloves garlic finely chopped
- 2 Tbsp tomato paste
- ¼ cup red wine (optional)
- 1 x 400g can crushed tomatoes
- 2 tsp dried oregano or dried Italian herbs
- 1 tsp sugar
- 1 tsp balsamic vinegar

Method

Heat **The Good Oil** in a medium sauce pan or deep fry-pan over medium heat.
Cook onion and garlic with a pinch of salt for about 4 minutes until soft.
Add tomato paste and wine (if using) and cook stirring for about 2 minutes.
Stir in crushed tomatoes, dried herbs and sugar.
Bring to a gentle simmer and cook, uncovered, on low-medium heat for about 15 minutes, until thickened and reduced. Stir occasionally.
Stir through balsamic vinegar and season to taste.

The longer it cooks the more flavour it will develop.

Allow to cool before spreading on bases.

Note: Makes enough for two pizza bases. Use in conjunction with our Home Made Pizza Dough and Margherita Pizza (recipes found on the website)