



JERNEJ KITCHEN

SPAGHETTI MARINARA (EASY TOMATO PASTA SAUCE)

Spaghetti Marinara or Easy Tomato Pasta Sauce is an incredibly easy midweek dish, that's made in just 15 minutes. Rich in flavor, vegan and dairy free.

SERVES	2	PEOPLE
PREPARATION:	5	MINUTES
COOK:	10	MINUTES
TOTAL TIME:	15	MINUTES

SPAGHETTI MARINARA

- 160 g dried spaghetti (5.7 oz)
- 3 tbsp olive oil
- 1 onion (diced)
- 2 cloves of garlic (diced)
- 1 carrot, large (grated)
- 1 tsp balsamic vinegar
- salt, pepper, fresh or dried oregano
- 250 g tomato passata (8.8 oz)

TOOLS AND EQUIPEMENT

- kitchen knife
- cutting board
- pot
- colander

COOK THE SPAGHETTI

Bring a large pot of salted water to the boil. Add the spaghetti and cook according to the packet instructions or until cooked al dente.

ONION AND GARLIC

Place a pot over medium-low heat. Add olive oil to a hot pot. Add the diced onion and diced garlic. Cook for a few minutes until the onion is nice and soft.

COOK THE SAUCE

Add grated carrot and cook for about 5 minutes. Grated carrot cooks quicker than the sliced one. Add balsamic vinegar, 1/2 teaspoon oregano, and pepper. Stir, then add the tomato passata and cook for about 5 - 7 minutes to reduce the sauce.

TIP

You will see sugar in a lot of marinara sauces but we decided to add carrot to the sauce which adds a lovely, natural sweetness to the dish and it is a good substitute for sugar in this recipe.

FINISH AND SERVE

Pour about 100 ml of reserved pasta water to the Marinara sauce. Stir to combine, then add your al dente cooked spaghetti. Season to taste with salt and pepper. Serve with freshly grated parmesan cheese, a drizzle of olive oil and some fresh oregano and/or basil.