

Artichoke Tomato Sauce with Black Olives



R & J Mazza
GLOBE ARTICHOKE

Ingredients

2 tablespoons extra light olive oil
1 brown onion, chopped
3 cloves garlic, chopped
2 sticks celery, chopped
½ cup dry sherry
800g can diced tomatoes
1 tablespoon tomato paste
1 teaspoon white sugar
200g artichoke hearts, roughly chopped, (see 'How to Prepare' on our website).
½ cup black olives, pitted and sliced
¼ teaspoon crushed red pepper flakes
Salt to taste
4 sprigs of fresh basil, torn
1 tablespoon extra virgin oil

How to Prepare

1. Heat oil in pan, add onion, garlic and celery. When onions are cooked add dry sherry and cook for 1 minute.
2. Add tomatoes, tomato paste and sugar. Simmer for approx. 15 minutes or until tomatoes are cooked.
3. Add artichoke hearts, black olives, pepper flakes and salt. Cook for a few minutes to infuse flavours.
4. Remove from heat. Add basil and extra virgin olive oil.



Serves 4. Can be stored in the fridge for up to 3 days before use.

