



Moroccan Tomato Sauce

Adapted from Annabel Langbein

Warm, rich and spiced - the perfect sauce for meatballs

Recipe is easily doubled to freeze in meal sized portions

Makes 5 cups - Prep time: 20-30 mins - Cook time: 1.5-2 hours

Ingredients

2 red chillies (or to taste)
75g fresh ginger, peeled and chopped
1 head garlic (cloves peeled)
1 onion, roughly chopped
1 red capsicum, chopped
¼ cup olive oil
1½ tsp ground cumin
1 tsp fennel seeds
1kg ripe tomatoes, diced
(or 2 x 400g cans of tomatoes in juice)
1 cup tomato juice or water
¼ cup red wine vinegar
1 Tbsp soft brown sugar
Zest of ½ lemon
1½ tsp ground black pepper
1½ tsp salt
½ cup chopped fresh coriander
½-1 tsp chilli flakes (optional)

Serving suggestion

It's beautifully rich but still light per serve - a perfect "add-on" to meatballs, eggs, lamb, or veggies without being too heavy!

Directions

Blend the base Blitz chillies, ginger, garlic, onion, and capsicum in a food processor to make a coarse paste.

Sauté the aromatics Heat olive oil in a large pot. Add paste, cumin, and fennel seeds. Cook for ~20-30 minutes until soft and fragrant.

Add everything else Stir in tomatoes, tomato juice or water, vinegar, brown sugar, lemon zest, salt, pepper, coriander, and chilli flakes. (Or pop in the slow cooker or pressure cooker at this stage)

Simmer low and slow Cook uncovered on a low heat for 1½-2 hours, stirring more frequently near the end as it thickens.

Cool and store Let cool slightly. Spoon into clean jars or freezer containers. Lasts up to 2 weeks in the fridge or 3-6 months in freezer

	Protein	Fat	Carbs
Approximately per 1/2 cup serve	1.3g	5.6g	11g

