



Tomato Fennel Sauce

What to collect	
Ingredients	Equipment
4 tablespoons olive oil	chopping board
1 cup fennel, finely chopped	knife
1/2 onion, finely chopped	deep pan or wide pot
1 garlic clove, chopped	wooden spoon
2 cups crushed tomatoes or tomato sugo	
1 tablespoon honey	
1 tablespoon mint or lemon verbena	
salt to taste	
parmesan cheese	

What to do

1. Heat olive oil over medium-high heat in a pan. Add onion and fennel and sauté for 4-5 minutes until translucent.
2. Sprinkle some salt over vegies and turn down heat so the vegies dont burn.
3. Add garlic and sauté for another minute or two.
4. Add crushed tomatoes, honey and mint and mix well. Taste for salt and add some if needed.
5. Let is gently simmer for 30 minutes.
6. If using a long pasta to go with this sauce, then you should puree the sauce. Disregard if using a short pasta.